

[144 captures](#)

15 Apr 2001 - 9 Mar 2023

OCT



2000

DEC

12

2001

JUN



2003

Last Updated : 7/12/01

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## Airplane Spin

**Used by :** Mike Rotunda

**AKA :**

**Description :** The attacker lifts the victim up across their shoulders. The attacker starts spinning around quickly a few times to dizzy the victim, then drops them to the mat.

## Airplane Spin Toss

**Used by :** Al Perez, Sid Vicious, Oz

**AKA :** Ally-Copter (Perez), Human Frisbee (Sid), Twister Slam (Oz)

**Description :** The victim is lifted up over the attacker's shoulder so the victim is facing upwards and their back is held over the shoulder of the attacker. The attacker holds the victim in place and spins around a few times, then tosses the victim into the air dropping them back first to the mat.

## Airplane Spin Toss, Face First

**Used by :** Mike Enos

**AKA :**

**Description :** The attacker lifts up the victim over their shoulder as if for a body slam. The attacker then spins around a few times and then tosses the victim in the air dropping them to the mat face first.

## Arm Breaker

**Used by :**

**AKA :**

**Description :** The attacker has the victim's arm in a wristlock. The attacker steps forward and drives the victim's arm across their knee.

## Arm Breaker, Fireman's Carry

**Used by :** CW Anderson

**AKA :**

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's

shoulders (a standing fireman's carry). The attacker releases the victim's legs and throws them towards the attacker's back. The attacker grabs on the victim's arms and holds it across their shoulder. The attacker sits down as the victim falls to the mat and impacts the victim's arm on their shoulder.

## Arm Breaker, Shoulder

**Used by :** Antonio Inoki

**AKA :**

**Description :** The attacker grabs the victim's arm by the wrist and lifts it so the victim is behind them and their arm over the attacker's shoulder. The attacker pulls down on the victim's arm in an attempt to hyperextend or break the victim's elbow.

## Arm Drag

**Used by :** Ricky Steamboat

**AKA :** Arm Whip

**Description :** The attacker hooks an arm of the victim and falls to the mat and pulls the victim over.

**Variations :**

- Super Arm Drag (Damian)
- Springboard Arm Drag (Max Mini, Rey Misterio Jr.)

## Arm Drag, Over the Shoulder

**Used by :** Shinya Hashimoto, Gary Albright, Kensuke Sasaki, Jerry Flynn

**AKA :** Ipponzei, Shoulder Throw

**Description :** This is a common martial arts throw. The attacker has the victim's arm over their shoulder and stands with their back to the victim, the attacker throws the victim over by pulling on the victim's arm and leaning forward, lifting the victim off the ground and dropping them on their back.

**Variations :**

- Super Ipponzei (Tatsuhito Takaiwa)

## Arm Drag with Leg Throw

**Used by :** Kato Kung Lee

**AKA :**

**Description :** The attacker jumps at victim, the attacker bends one of their legs and puts their foot on the stomach of the victim. While in the air, they also hook one of the attacker's arm. The attacker falls to the mat, landing on their back and pulls the victim over, push out their leg to flip the victim over so they land on their back.

## Arm Wringer

**Used by :**

**AKA :** Spinning Wristlock

**Description :** The attacker grabs the victim's arm by the wrist. The attacker twists the victim's arm over

the attacker's head and spins it around. The attacker can take the victim to the mat if they spin their arm with enough force.

## Atomic Drop

**Used by :**

**AKA :**

**Description :** The attacker stands behind and slightly to the side of the victim. The attacker grabs the victim's midsection with one arm and hooks one of the victim's legs with the other. The attacker lifts the victim up over their shoulder so the victim is parallel to the mat. The attacker kneels down and drops the victim's tailbone first on the attacker's knee.

## Atomic Drop, Inverted

**Used by :**

**AKA :** Manhattan Drop

**Description :** The attacker is facing the victim. The attacker grabs the victim around the waist with both arms, sometimes hooking both the victim's legs. The attacker lifts the victim up, the attacker kneels down and drops the victim tailbone (or crotch) first on the attacker's bent knee.

**Variations :**

- Super Inverted Atomic Drop (Men's Teioh)

## Atomic Throw

**Used by :** Akira Taue

**AKA :** Atomic Whip

**Description :** The attacker stands behind and slightly to the side of the victim. The attacker grabs the victim's midsection with one arm and hooks one of the victim's legs with the other. The attacker lifts the victim up over their shoulder so the victim is parallel to the mat. The attacker throws the victim in the air, dropping them on their back.

**Variations :**

- Over to the Top Rope Atomic Throw (The Berzerker)

## Back Drop

**Used by :**

**AKA :** Back Body Drop, Shoulder Throw

**Description :** The attacker bends down forward as the victim charges towards them. As the victim reaches the attacker, the attacker stands up, lifting the victim up and over so they land back first on the mat. It's also a common counter to an attack where they are bent over, like for a piledriver or powerbomb.

## Back Breaker Drop

**Used by :** Bret Hart

**AKA :** Pendulum Back Breaker

**Description :** The attacker lifts up the victim and drops them back first across their knee.

**Variations :**

- Slingshot Back Breaker Drop (Bobby Eaton)

## Back Breaker Drop, Argentine Back Breaker Rack

**Used by :** Hercules

**AKA :**

**Description :** The attacker lifts the victim up so that they are laying across the attacker's shoulders. The attacker hooks the victim's neck and leg and drops to their knees, wrenching the victim's back.

## Back Breaker Drop, Inverted Face Lock Suplex

**Used by :** Chris Benoit

**AKA :**

**Description :** The attacker applies an inverted facelock on the victim. The attacker then hooks the victim's thighs and lifts them in the air as so they are upside down, similar to an inverted facelock suplex. The attacker then lets the victim fall forward and across the attacker's body. The attacker kneels down so the victim lands back first across their knee.

## Back Breaker Drop, Inverted Shoulder Rack (Canadian Back Breaker Rack)

**Used by :** Brian Adams

**AKA :** Body Breaker

**Description :** The victim is lifted up over the attacker's shoulder so the victim is facing upwards and their back is held over the shoulder of the attacker. The attacker locks their arms around the victim's torso and drops to their knees, wrenching the victim's back.

## Back Breaker Drop, Press Slam

**Used by :** Nikolai Volkoff

**AKA :**

**Description :** The attacker lifts the victim over their head as if they were going to press slam them, the attacker then drops the person back first across their knee.

## Back Breaker Drop, Slingshot Catapult

**Used by :** Aja Kong

**AKA :**

**Description :** The victim is on their back, the attacker grabs the victim by their legs and hooks both feet with their arms. The attacker falls backwards, pulling the victim off the mat and shooting them over the

attacker's body into the ring ropes or the corner. The attacker bends their knees as the victim rebounds and falls backwards. The victim then lands with the small of their back on the attacker's knees.

## Back Breaker Drop, Stretch

**Used by :** Eddy Guerrero, Diamond Dallas Page

**AKA :** Pumphandle Back Backbreaker

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up and slams the victim down across the attacker's knee.

## Back Breaker Drop, Tilt-a-Whirl

**Used by :** Crush

**AKA :** La Quebradora Con Hilo

**Description :** The attacker stands facing the victim. The attacker bends the victim down so they are bent facing in front on the attacker's body. The attacker reaches around the the victim's body with their arms and lifts them up, spinning the victim in front of the attacker's body. The attacker kneels down and drops the victim down back first across the attacker's knee.

## Back Breaker Drop, Underhook

**Used by :** Bam Bam Bigelow, Chris Jericho

**AKA :**

**Description :** The attacker is facing the victim. The attacker bends the victim down and hooks both of the victim's arms so they are behind the victim's back. The attacker links their hands together and lifts the victim up. As the victim is in the air, the attacker releases the victim's arms and drops them slightly to the side. The attacker then kneels down so the victim lands back first across the attacker's knee.

## Back Fist

**Used by :** Tracy Smothers, Sting

**AKA :**

**Description :** A standard martial arts type blow where the attacker hits the victim with the back of their fist.

## Back Fist, Spinning

**Used by :** Aja Kong, Mayumi Ozaki

**AKA :** Uraken

**Description :** The attacker performs a 360 degree turn and hits the victim with the back of their fist.

## Back Rake

**Used by :**

**AKA :**

**Description :** The attacker scratches down the victim's back with their nails/fingers.

# Bell Clap

**Used by :** Billy Jack Haynes

**AKA :** Ear-ringer, Bell Ringer

**Description :** Commonly used to break a bear hug. The attacker claps their hands/forearms around the victim's head, disrupting their equilibrium.

**Variations :**

- Off the Top Rope Bell Clap (Vader)
- Running Bell Clap (Vader Attack - Vader)

# Bite

**Used by :** George Steele, Mike Tyson, Marv Albert, McGruff

**AKA :**

**Description :** The attacker has a late lunch on a body part of the victim.

# Body Press

**Used by :**

**AKA :** Cross Body Block, Plancha, Flying Body Press

**Description :** The attacker jumps at victim and hits the victim at an angle, knocking them down to the mat.

**Variations :**

- Body Press Suicida (Plancha)
- Catapult Body Press Suicida (Pescado)
- Corkscrew Body Press Suicida (La Parka)
- Corner Body Press (Stinger Splash - Sting)
- Corner Handspring Moonsault Body Press (Blitzkreig)
- Handspring Body Press (Great Sasuke)
- Handspring Body Press Suicida (Flying Space Tiger Attack - Tiger Mask)
- Handspring Moonsault Body Press Suicida (Sasuke Special - Great Sasuke, Hakushi)
- Off the Top Rope Body Press (Ricky Steamboat)
- Off the Top Rope Body Press with Twist (Alex Wright)
- Off the Top Rope Body Press Suicida (Plancha)
- Off the Top Rope Corkscrew Body Press Suicida (Hector Garza)
- Off the Top Rope Corkscrew Moonsault Body Press Suicida (Aguila)
- Off the Top Rope Moonsault Body Press (1-2-3 Kid, Shawn Michaels)
- Off the Top Rope Moonsault Body Press Suicida (Terry Funk)
- Off the Top Rope Somersault Body Press Suicida (Low Ki)
- Off the Top Rope Somersault Body Press with Twist Suicida (Low Ki)
- Springboard Body Press Suicida (Manami Toyota)
- Springboard Corkscrew Body Press Suicida (Ricky Marvin)

- Springboard Corkscrew Moonsault Body Press Suicida (Blitzkreig)
- Springboard Moonsault Body Press (Asai Moonsault, La Quebrada - Ultimo Dragon)
- Springboard Moonsault Body Press Suicida (Asai Moonsault, La Quebrada - Ultimo Dragon, Jushin Lyger, Great Sasuke)
- Springboard Shooting Star Body Press Suicida (Jody Fleish)

## Body Press, Body Scissor

**Used by :** Lou Thesz, Tommy Rich, Jungle Jim Steele, Steve Austin

**AKA :** Lou Thesz Press, Thesz Press, Steele Trap (Steele)

**Description :** The attacker jumps up vertically at the victim and wraps their legs around the victim's body, pinning them to the mat.

**Variations :**

- Off the Top Rope Body Scissors Body Press (The Juicer)

## Body Press, Vertical Splash

**Used by :** Headbanger Mosh

**AKA :**

**Description :** The attacker jumps on the victim so that the attacker's legs are over the victim's shoulders. The victim falls backwards and the attacker ends up sitting down with a vertical splash on the attacker's chest.

**Variations :**

- Off the Top Rope Vertical Splash Body Press (Tomoko Watanabe)
- Off the Top Rope Somersault Vertical Splash Body Press (Molly Holly)
- Apron Dive Vertical Splash Body Press (Perro Aguayo Sr.)

## Boot Scrape, Spinning

**Used by :** Eddy Guerrero

**AKA :**

**Description :** The victim is on their back. The attacker puts their foot on the victim's face. The attacker puts more weight on the victim's face and they spin their body around on the foot which is on the victim's face.

## Brainbuster, Argentine Back Breaker Rack

**Used by :** Kenta Kobashi, Kotetsu Yamamoto

**AKA :** Burning Hammer (Kobashi), Yamamoto Special '78 (Yamamoto)

**Description :** The attacker lifts the victim up across their shoulders so the victim is lying across the attacker's shoulders. The attacker has one of the victim's legs hook and is cradling their neck with their free arm. The attacker falls to the side which the victim's head is on and releases the victim's legs, dropping the victim head/neck first to the mat.

## Brainbuster, Belly to Belly

**Used by :** Konnan

**AKA :** Montezuma's Revenge/187 (Konnan)

**Description :** The attacker lifts up the so they are chest to chest and the attacker hooks both of the victim's legs so they are not touching the ground. The attacker releases one leg and with that arm positions the victim's head into the attacker's armpit. From there, the attacker falls backwards driving the victim's head into the mat in a fashion similar to a DDT or a fishermanbuster.

## Brainbuster, Fireman's Carry

**Used by :** Louie Spicolli, Tatsuhiro Takaiwa, Etsuko Mita, Perry Saturn

**AKA :** Death Valley Driver/Drop/Bomb

**Description :** The attacker lifts the victim up say they laying across their shoulders in a standing fireman's carry. The attacker falls to the side and drops the victim on their head.

**Variations :**

- Running Fireman's Carry Brainbuster (Masato Tanaka)
- Super Fireman's Carry Brainbuster (Tatsuhiro Takaiwa)

## Bulldog

**Used by :**

**AKA :** Bulldogging Headlock

**Description :** The attacker applies a side headlock on the victim and drops them down on their face.

**Variations :**

- Running Bulldog (Bret Hart, Barry Windham) \* This is the more classic version of this move.
- Flying Bulldog (Dustin Rhodes)
- Off the Top Rope Bulldog (Rick Steiner)
- Super Bulldog (Rey Misterio Jr, Lodi)

## Bulldog, Cobra Clutch

**Used by :** Bam Bam Bigelow

**AKA :**

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck. The attacker uses their free arm to reach across the victim's body and grab the victim's arm which is on the the same side as the arm the attacker is apply the half nelson. The attacker pulls the victim's arm across their face and locks their hands around the victim's neck. The attacker charges forward and drives the victim face first into the mat.

## Bulldog, Inverted Side Headlock Swinging

**Used by :** Ted Hart



**AKA :**

**Description :** The attacker applies an inverted face lock on the victim. The attacker reaches over with their far arm and turns around so the victim is in sort of a side head lock facing upward and the attacker is now facing 180 degrees opposite of what they were originally facing. The attacker then falls and spins to the side, flipping the victim over and driving them face first into the ground.

## Bulldog, Reverse

**Used by :** Juventud Guerrera, Kaz Hayashi

**AKA :**

**Description :** The attacker stands face to face with the victim. The attacker reaches under the victim's chin and locks their hands around the victim's head. The attacker sits down and drives the victim to the mat on the back of their head.

## Bulldog, 3/4 Face Lock

**Used by :** Diamond Dallas Page, Steve Austin, Johnny Ace, Disco Inferno

**AKA :** The Diamond Cutter (Page), The Stone Cold Stunner (Austin), The Ace Crusher (Ace), The Chartbuster (Disco)

**Description :** The attacker applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and drops down to the mat impacting the victim's chin into the attacker's shoulder.

**NOTE :** There are debates about whether the different versions of the move listed above are the same or not. Page usually lands on his back, while others usually land in a sitting position. I consider them to be the same move as given the different variations of the moves, wrestlers usually land on their back so the victim who's falling doesn't land at an unusual angle and injure their necks.

**Variations :**

- Off the Top Rope Somersault 3/4 Face Lock Bulldog (Devon Storm, Super Nova, Diamond Dust - Masato Tanaka)
- Springboard Somersault 3/4 Face Lock Bulldog (Dragon Kid)
- Running 3/4 Face Lock Bulldog (Diamond Dallas Page, Samoan Bulldog - Fatu)
- Super 3/4 Face Lock Bulldog (Diamond Dallas Page, Whippersnapper - Mikey Whipwreck)

## Bulldog, 3/4 Facelock, Back Flip

**Used by :** Naomichi Marufuji, Kid Kaos, Red

**AKA :** Shiranui (Marufuji)

**Description :** The attacker applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and runs towards a corner and runs up the ring ropes with the facelock still applied. The attacker kicks off the top rope and back flips the over the victim and drives them down onto the back of their head.

## Bulldog, 3/4 Face Lock, Canadian Backbreaker Rack

**Used by :** Diamond Dallas Page

**AKA :**

**Description :** The victim is lifted up over the attacker's shoulder so the victim is facing upwards and their back is held over the shoulder of the attacker. The attacker locks their arms around the victim's torso as if they were giving the victim a powerbomb or Canadian Backbreaker Rack. The attacker flips the victim over so they are facing downward and falling. As the victim is falling down, the attacker applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and drops to the mat, impacting the victim's chin into the attacker's shoulder.

## Bulldog, 3/4 Face Lock, Fireman's Carry

**Used by :** Diamond Dallas Page, Marc Mero, Maunakea Mossman

**AKA :** TKO/Total Knock Out (Mero), Hawaiian Crusher (Mossman)

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulders (a standing fireman's carry). The attacker releases the victim's legs and throws them towards the attacker's back. The attacker applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and drops to the mat, impacting the victim's chin into the attacker's shoulder.

## Bulldog, 3/4 Face Lock, Flap Jack

**Used by :** Buh Buh Ray Dudley, Diamond Dallas Page, Rikishi

**AKA :** Buh Buh Cutter (Dudley)

**Description :** The attacker lifts the victim up in the air as if for a back drop but instead of tossing them over, the attacker pushes them up in the air when the victim is horizontal so they land on their face/chest when they hit the mat. As the victim is falling to the mat, the attacker applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and drops to the mat, impacting the victim's chin into the attacker's shoulder.

## Bulldog, 3/4 Face Lock, Inverted Facelock Suplex

**Used by :** Super Delfin

**AKA :** Osaka Stunner (Delfin)

**Description :** The attacker applies an inverted facelock on the victim. The attacker hooks the victim's thighs and lifts them straight up in the air so the victim is upside down. The attacker lets the victim's body fall over their shoulder, as they fall, the release the inverted facelock and shift it into a 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and drops to the mat, impacting the victim's chin into the attacker's shoulder.

## Bulldog, 3/4 Face Lock, Powerbomb

**Used by :** Vicious Vic Grimes

**AKA :** Grimes Cutter

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are sitting on the attacker's shoulders, facing the opposite direction of the attacker. The attacker pushes the victim forwards slightly so they fall straight down off the attacker's shoulders but not down as if in a powerbomb, straight down as if to their feet or stomach. As the victim is falling to the mat, the attacker applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and drops to the mat, impacting the victim's chin into the attacker's shoulder.

## Bulldog, 3/4 Face Lock Reverse Crucifix

**Used by :** Tommy Dreamer

**AKA :** Tommyhawk (Dreamer)

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulder. The attacker places their hands under the victim's arms and extends their arms, so the victim is held in the air. The attacker pushes the victim up in the air. As the victim is falling to the mat, the attacker applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and drops to the mat, impacting the victim's chin into the attacker's shoulder.

## Bulldog, 3/4 Nelson, Suplex

**Used by :** Masato Tanaka

**AKA :**

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's tights and lifts them straight up in the air so they are upside down. The attacker pushes the victim's body so it is over their shoulder and hooks their head. The victim should be face down towards the mat and falling with the attacker applying a 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim) and drops to the mat, impacting the victim's chin into the attacker's shoulder.

## Bulldog, Twisting

**Used by :** Billy Kidman, Spike Dudley

**AKA :** Swinging Bulldog, Tornado Bulldog

**Description :** The attacker applies a side headlock to the victim and runs towards a corner and up the ring ropes with the headlock still applied. The attacker kicks off the top rope and shifts their bodyweight, swinging their body around. The attacker drives the victim's head into the mat as they fall to the mat.

## Bulldog, Twisting 3/4 Facelock

**Used by :** Spike Dudley

**AKA :** Acid Drop (Dudley)

**Description :** The attacker applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the

victim) and runs towards a corner and runs up the ring ropes with the facelock still applied. The attacker kicks off the top rope and shifts their bodyweight, swinging their body around. As the attacker falls to the ground, the victim's chin is driven into the attacker's shoulder.

## Bulldog Lariat

**Used by :** Randy Savage, Bret Hart, Giant Baba

**AKA :** Neck Tie Clothesline, Neck Breaker Drop (Baba)

**Description :** The attacker jumps at the victim and wraps their arm around the victim's neck and drags them down to the mat as the attacker falls. Generally, both attacker and victim land on their backs and the victim hits the back of their head on the mat when they land.

**Variations :**

- Apron Dive Bulldog Lariat (Devon Storm)
- Off the Top Rope Bulldog Lariat (Norio Honaga, Kendo Ka Shin)

## Butt Drop

**Used by :** Maiko Matsumoto, Hector Garza

**AKA :**

**Description :** The attacker stands behind and slightly to the side of the victim. The attacker grabs the victim's midsection with one arm and hooks one of the victim's legs with the other. The attacker lifts the victim up over their shoulder so the victim is parallel to the mat. The attacker drops the victim to the mat so they land butt/tailbone first. Similar to an atomic drop, except the victim is dropped on the ground, not the attacker's knee.

## Butt Drop, Full Nelson

**Used by :** Buh Buh Ray Dudley, M.I. Smooth

**AKA :**

**Description :** The attacker stands behind the victim. The attacker reaches under the victim's armpits and locks their hands behind the victim's neck. The attacker lifts the victim up and then sits down, forcing the victim to be dropped on the ground butt first, jarring their tail bone.

## Chop, Double Chest

**Used by :** The Youngbloods, Syxx

**AKA :**

**Description :** The attacker strikes the victim with both hands in a chopping motion. The lead hand is usually a knife hand chop and the back hand is usually an open hand chop.

**Variations :**

- Flying Double Chest Chop (Mil Mascaras)

## Chop, Double Open Hand

**Used by :** Etsuko Mita

**AKA :** Blazing Chop (Mita)

**Description :** The attacker strikes the victim in the chest with both palms as if they were shoving them down.

## Chop, Double to Neck

**Used by :** Hiroyoshi Tenzan, Demolition Ax, Killer Khan

**AKA :** Mongolian Chop

**Description :** The attacker stands face to face with the victim. The attacker strikes the victim in the neck/shoulders with two downward knife hand chops (The attacker strikes the victim with the outer part of their hand, the pinky finger side.)

**Variations :**

- Apron Dive Mongolian Chop (Hiroyoshi Tenzan)
- Off the Top Rope Mongolian Chop (Hiroyoshi Tenzan, Miss Mongol)

## Chop, Flap Jack

**Used by :** Steve Blackman

**AKA :**

**Description :** The attacker lifts the victim up in the air as if for a back drop but instead of tossing them over, the attacker pushes them up in the air when the victim is horizontal. As the victim falls to the mat, the attacker strikes the victim in the back of their head with the pinky side of their open hand.

## Chop, Knife Hand

**Used by :** Ric Flair, Giant Baba

**AKA :** The "WHOOOOOOOOOOO!" Chop :-), Northern Chop (Baba)

**Description :** The attacker strikes the victim with the outer part of their hand, the pinky finger side. This attack can be done to a variety of locations on the victim's body.

**Variations :**

- Handspring Knife Hand Chop ("JC Ice" Jamie Dundee)
- Off the Top Rope Knife Hand Chop (Ricky Steamboat)
- Off the Top Rope Knife Hand Chop Suicida (Prince Iaukea)
- Springboard Knife Hand Chop (Jinsei Shinzaki)

## Chop, Open Hand

**Used by :**

**AKA :** Slap

**Description :** The attacker slaps the victim with the bottom of their hand.

## Chop, Spinning Knife Hand

**Used by :** Kenta Kobashi, Shinya Hashimoto, Jerry Flynn

**AKA :**

**Description :** The attacker spins around and strikes the victim with the outer part of their hand, the pinky finger side.

## Clothesline

**Used by :** Stan Hansen, Jim Duggan

**AKA :** The Lariat

**Description :** The attacker sticks out their arm and hits the victim in the neck with it.

**Variations :**

- Flying Clothesline (Lariat - Barry Windham)
- Off the Top Rope Clothesline (Road Warrior Hawk)
- Springboard Clothesline (Air Pillman - Flyin' Brian Pillman)
- Catapult Clothesline (Slingshot Clothesline - Adam Bomb)
- Handspring Clothesline (Lance Storm)

## Clothesline, Elbow Smash

**Used by :** Curt Hennig, Larry Hennig, Hulk Hogan, Takao Omori

**AKA :** The Axe (Hennigs), Axe Bomber (Hulk Hogan)

**Description :** The attacker throws out their arm and strikes the victim in the forehead with their arm so that their elbow grazes across their head.

## Clothesline, Short Arm

**Used by :** Jake Roberts, Vader

**AKA :**

**Description :** The attacker grabs the victim by their wrist and pulls the victim towards the attacker, the attacker hits the victim in the neck/throat with their free arm.

## Clothesline, Spinning

**Used by :** Diamond Dallas Page, Jun Akiyama

**AKA :** Rolling Lariat

**Description :** The attacker performs a 360 degree spin and hits the victim in the neck with their extended arm.

## DDT

**Used by :** Jake Roberts, Arn Anderson, Raven

**AKA :** Evenflow DDT (Raven)

**Description :** The attacker applies a front face lock on the victim. The attacker falls straight down or

backwards, driving the victim's head into the mat.

**Variations :**

- Catapult DDT (Kaz Hayashi)
- Springboard DDT (Shinjiro Ohtani, Sabu)
- Super DDT (Jushin Lyger)
- DDT Opponent off the Top Rope (while standing on the mat) (Jerry Lynn)
- Off the Top Rope DDT (Scott Taylor)
- Springboard Moonsault DDT (Rey Misterio Jr.)

## DDT, Baseball Slide

**Used by :** Masato Yakushiji, Rey Misterio Jr.

**AKA :**

**Description :** The victim is standing on the floor, the attacker is in the ring. The attacker runs and slides head first at the victim under the bottom rope. The attacker applies a front face lock on the victim. The attacker swings their body off the apron, twists around and lands on their back, driving the victim's head into the floor.

## DDT, Brainbuster

**Used by :** Barry Windham, Gangrel, Super Delfin, Big Vito Lograsso

**AKA :** Implant DDT (Windham), Super DDT (Gangrel), D Stunner (Delfin)

**Description :** The attacker puts the victim in a front face lock. The attacker hooks the victim's thighs and lifts the victim up in the air. As the attacker lifts the victim up, they jump and fall backwards driving the victim's head into the mat.

## DDT, Crucifix Powerbomb

**Used by :** Joel Maximo

**AKA :**

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are over the attacker's shoulder. From there, the attacker places both their arms under the arms of the victim and extends their arms out as far as they can. The attacker pulls down on the victim's arms/upper body, flipping the victim's body over so they are falling face first towards the mat. On the way down, the attacker hooks the victim's head in a front face lock and falls to the mat, driving the victim face/head first into the mat.

## DDT, Fireman's Carry

**Used by :** Brian Adams

**AKA :**

**Description :** The attacker lifts the victim up so they are laying across their shoulders in a standing fireman's carry. The attacker releases the victim's legs and throws them over the attacker's head and in front of the attacker's body. The attacker slides the victim's head into a front face lock as the victim is falling, the attacker falls to the mat and drives the victim's head/face into the mat.

## DDT, Full Nelson Slam

**Used by :** Divine

**AKA :**

**Description :** >The attacker stands behind the victim. The attacker places both their arms under the victim's arms and locks them behind the victim's neck. The attacker lifts the victim in the air. Once they reach the apex, the attacker releases the half of the hold with one arm and with the other still on the victim's neck, the attacker turns the victim around and into a front face lock as they fall to the mat. The attacker falls backwards to the match, driving the victim head/face first into the mat.

## DDT, Flying Somersault

**Used by :** Villano IV

**AKA :**

**Description :** The attacker stands on the second rope behind the victim. The attacker applies an inversed face lock on the victim. The attacker jumps off the second rope and does a forward flip over the victim's body. The attacker lands on their back and drives the victim head first into the mat on their face or top of their head.

## DDT, Inverted Facelock

**Used by :** The Godwinns, CrowSting, Barry Horowitz

**AKA :** The Slop Drop (Godwinns), Scorpion Death Drop (CrowSting), The Winning Move (Horowitz)

**Description :** The attacker stands behind or to the side of the victim. The attacker applies an inverted face lock on the victim. The attacker falls backwards or straight down, driving the victim down to the mat on the back or top of their head.

**Variations :**

- Standing on Second Rope Inverted Facelock DDT (Brian Christopher)
- Super Inverted Facelock DDT (El Samurai, Maunakea Mossman)
- Springboard Moonsault Inverted Facelock DDT Suicida (Aguila)

## DDT, Inverted Facelock to Knee

**Used by :** Skinner, Barry Horowitz, Christian

**AKA :** Gator Buster (Skinner)

**Description :** The attacker stands behind or to the side of the victim. The attacker applies an inverted face lock on the victim. The attacker drops to one knee, driving the victim's upperback/neck into their knee.

**NOTE :** I'm not not exactly sure what the effected area of this move is. I believe it is supposed to be the neck, however it may be the upperback.

## DDT, Leg Sweep Inverted Facelock

**Used by :** CIMA



**AKA :**

**Description :** The attacker stands behind or to the side of the victim. The attacker applies an inverted face lock on the victim. The attacker wraps their inside leg (that is, if they are applying the face lock with their right arm, they hook the victim's right leg with their right leg). The attacker sweeps out the victim's leg and falls backwards, driving the victim to the mat on the back of their head.

## DDT, Reverse Underhook

**Used by :** Tommy Rogers, Rey Misterio Jr., Christian Cage

**AKA :** Tomakazi (Rogers), The Impailer/Unprettier (Christian)

**Description :** The attacker stands behind the victim facing towards them. The attacker hooks both the victim's arms and places their head inbetween the victim's shoulderblades. The attacker then turns around in a motion so they are now facing the opposite direction and still holds onto the victim's arms, as a result the victim is now in a position similar to that the attacker was just in, their arms hooked and their head bent in the middle of the attackers shoulder blades. The attacker then drops down driving the victim's head into the mat. It can be noted that the turn around is very similar to the set up to a face to face backslide. The move can also be set up with the victim bent down attacker facing away from them and hooking both the attacker's arms behind their back and dropping down.

**Variations :**

- Super Reverse Underhook DDT (Super Kid Crusher - Kidman)

## DDT, Single Arm

**Used by :** Bobby Eaton, Shane Douglas, Barry Darsow

**AKA :** The Divorce (Eaton)

**Description :** The attacker grabs the victim's arm and bars it in front of the attacker's body so the attacker is holding out the arm with the arm furthest away from the victim's body and reaches over the victim's shoulder and wraps it around their victim's arm with other. The attacker drops down and drives the victim's shoulder into the mat.

**NOTE :** The affected area for this hold is the shoulder. This hold is noted as the move that broke "Pitbull #1" Gary Wolfe's neck, this happened because Wolfe took the bump wrong (read : on his head) and not his shoulder.

## DDT, Swinging

**Used by :** "Black Tiger" Eddy Guerrero, Super Delfin, Billy Gunn, Chavo Guerrero Jr.

**AKA :** Tornado DDT

**Description :** The attacker sits on the top turnbuckle and grabs the victim's head, applying a front facelock. From there, the attacker jumps off the buckles, swings around one side of the victim's body and drives the victim's head into the mat.

**Variations :**

- Apron Dive Swinging DDT (Gran Hamada)
- Off the Top Rope Swinging DDT - (In this version, the attacker jumps off the ropes and then applies the swinging DDT - Super Delfin, Gran Hamada)

- Off the Top Rope Swinging DDT Suicida (Tony Mamaluke)
- Springboard Swinging DDT (Ikuto Hidaka)
- Super Swinging DDT (Gran Hamada)

## DDT, Swinging Inverted Facelock

**Used by :** El Samurai, Super Crazy

**AKA :**

**Description :** The attacker sits on the top turnbuckle, the victim is standing facing away from the corner. The attacker grabs the victim's head and applies an inverted facelock. From there, the attacker jumps off the buckles, swings around one side of the victim's body and drops them on the back of their head when they land.

## DDT, Swinging Single Arm DDT

**Used by :** Jeff Jarrett

**AKA :**

**Description :** The attacker sits on the top turnbuckle facing the victim. The attacker grabs the victim's arm and bars it in front of the attacker's body so the attacker is holding out the arm with the arm furthest away from the victim's body and reaches over the victim's shoulder and wraps it around their victim's arm with other. The attacker grabs the victim's arm and neck. The attacker jumps off the buckles, swings around one side of the victim's body and drops them shoulder first into the mat.

## DDT, Underhook

**Used by :** Cactus Jack, Kenta Kobashi, Danny Doring

**AKA :** Double Arm DDT

**Description :** The attacker is facing the victim, the victim is bent over and the attacker hooks both the victim's arms behind their back as if for an underhook suplex. The attacker lifts the victim up slightly and falls to the mat, driving the victim head first into the mat.

## Double Axe Handle Smash

**Used by :** The Putskis

**AKA :** Polish Hammer (to the chest) (The Putskis)

**Description :** The attacker locks both their hands together and strikes victim with both their hands.

**Variations :**

- Off the Top Rope Double Axe Handle Smash (Randy Savage)
- Off the Top Rope Double Axe Handle Smash Suicida (Randy Savage)
- Springboard Double Axe Handle Smash (CIMA)

## Drop Kick

**Used by :** Jim Brunzell

**AKA :**

**Description :** The attacker jumps in the air and kicks the victim with both their feet. The attack can be focuses on the victim's head, chest, stomach, back or legs.

**Variations :**

- Apron Dive Drop Kick (Shocker)
- Springboard Drop Kick (Shinjiro Ohtani, TAKA Michinoku, Al Snow)
- Springboard Somersault Drop Kick (Juventud Guerrera)
- Off the Top Rope Drop Kick (Chris Jericho, Koko B. Ware, Alex Wright)
- Off the Top Rope Drop Kick Suicida (Manami Toyota)
- Off the Top Rope Somersault Drop Kick (Hikari Fukuoka)
- Standing On to the Rope Drop Kick (Chris Jericho)

## Drop Kick, Baseball Slide

**Used by :**

**AKA :**

**Description :** The victim is standing on the floor, the attacker is in the ring. The attacker runs and slides feet first at the victim and kicks them.

## Drop Toe Hold

**Used by :**

**AKA :**

**Description :** The attacker drops down to the mat hooking the leg (or legs) of the victim with one foot in front of the victim's ankle and then trips the victim down by pushing with their other leg on the back of the victim's legs.

## Elbow Drop

**Used by :** Dusty Rhodes, Abdullah The Butcher

**AKA :** Polka Dot Drop (Rhodes), Sudanese Meat Cleaver (Abby)

**Description :** The attacker falls on the victim elbow first.

**Variations :**

- Apron Dive Elbow Drop (Hipbuster - Cactus Jack)
- Off the Top Rope Elbow Drop (Randy Savage)
- Catapult Elbow Drop (Kanyon)
- Corkscrew Elbow Drop (Shocker)

## Elbow Drop, Inverted Face Lock

**Used by :** Tony DeVito, Shane Helms, El Gallinero, Big Show

**AKA :** Nightmare on Helms Street (Helms), Rooster Driver (Gallinero), Final Cut (Show)

**Description :** The attacker stands behind the victim and applies an inverted face lock. The attacker quickly releases their grip on the face lock and turns 180 degrees towards the victim with their far arm. The attacker drives their elbow into the victim's chest and drives them down to the mat back first.

## Elbow Smash

**Used by :** Dusty Rhodes

**AKA :** The Bionic Elbow (Rhodes)

**Description :** The attacker hits the victim with their elbow in variety of locations.

**Variations :**

- Off the Top Rope Elbow Smash (Dick Slater)

## Elbow Smash, Back

**Used by :** The Sandman

**AKA :**

**Description :** The attacker has his back to the victim or is to the side. The attacker drives back with his elbow to the victim's head.

**Variations :**

- Off the Top Rope Back Elbow Smash (Jaw Jacker - Tracy Smothers)
- Corner Back Elbow Smash (Kevin Nash)
- Flying Back Elbow Smash (Blackjack Mulligan)
- Handspring Back Elbow Smash (The Great Muta)
- Springboard Back Elbow Smash (Kyoko Inoue, Sick Boy)
- Springboard Back Elbow Smash Suicida (Cactus Jack)

## Elbow Smash, Short Arm Back

**Used by :**

**AKA :**

**Description :** The attacker grabs the victim's arm and pulls them towards the attacker. The attacker pulls the victim in and drives one of their elbows into the attacker's face.

## Elbow Smash, Spinning Back

**Used by :** Mitsuharu Misawa

**AKA :**

**Description :** The attacker goes to perform a 360 degree spin, as they turn around, they strike the victim with their outer elbow.

**NOTE :** This is similar to the running version of this move that Jake Roberts and Ted DiBaise do in the old WWF Wrestlefest game.

## Elbow/Forearm Smash, Spinning

**Used by :** Mitsuharu Misawa, Masato Tanaka

**AKA :** Rolling Elbow (Misawa)

**Description :** The attacker performs a 360 degree turn similar to a discus throwing motion and hits the victim in the head with their forearm or elbow.

## Eye Rake

**Used by :** Moe Howard of the 3 Stooges

**AKA :** Eye Gouge, Eye Poke

**Description :** The attacker pokes the victim in the eye(s) with their fingers.

## Eye Rake, Boot Lace

**Used by :**

**AKA :**

**Description :** The attacker places their boot on the victim's face and pushes the victim's head or pushes their own leg down, raking the victim's eyes across the laces of the attacker's boot.

## Eye Rake, Double Boot Scrape

**Used by :**

**AKA :**

**Description :** The victim is on their back on the mat. The attacker jumps up and puts both boots over the victim's eyes and scrapes them with the sole of their feet as the attacker's feet slide to the mat.

## Face Breaker, Fireman's Carry

**Used by :** Shane Helms

**AKA :**

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulders (a standing fireman's carry). The attacker releases the victim's legs and throws them towards the attacker's back and spinning them out to the side. The attacker holds the victim's head and knee's down, driving the victim face/jaw first onto the attacker's knee.

## Face Breaker, Underhook

**Used by :** Carl Malenko

**AKA :**

**Description :** The attacker bends the victim down and hooks both the victim's arms. The attacker lifts the victim up a bit and then drops them forward. The attacker kneels down, driving the victim face first into their knee.

## Face Driver

**Used by :** Outlaw Ron Bass

**AKA :**

**Description :** The attacker places victim's head in a standing head scissors. The attacker drops down to their knees and drives the victim face first to the mat.

**Variations :**

- Off the Top Rope Face Driver (Death Drop - Hack Myers)

## Face Driver, Knee

**Used by :** Dick Murdoch, Don Muraco, Hiroyoshi Tenzan, Ivan Koloff

**AKA :** Calf Branding (Murdoch)

**Description :** The attacker is standing on the ropes (second or top rope) behind the victim. The attacker grabs the victim's head and puts one of their knees to the back of the victim's head, neck or in the middle of their shoulderblades. The attacker jumps off the ropes and drives the victim into the mat face first.

## Face Driver, Leg (Guillotine Face Driver)

**Used by :** Marty Jannetty, Johnny Ace, Mortis, Billy Gunn

**AKA :** The Rocker Dropper/Showstopper (Jannetty), Guillotine Ace Crusher (Ace), Fameasser (Gunn)

**Description :** The victim is bent over, the attacker places one leg over the back of the victim's neck and jumps up, using their weight to drive the victim face first into the mat. Sometimes the attacker holds the victim's arm as they throw their leg over their neck.

**NOTE :** This is the move that broke Chuck Austin's neck when he took the bump wrong. As a result, he sued the WWF for megabucks.

**Variations :**

- Off the Second Rope Leg Face Driver (Mortis)

## Face Driver, Reverse

**Used by :** Mortis

**AKA :**

**Description :** The attacker stands behind the victim, who is usually kneeling, the attacker steps over the shoulders of the victim and then drops down to their knees, driving the victim's face into the mat.

## Face Driver, Reverse Knee

**Used by :** Jun Akiyama

**AKA :** Reverse Calf Branding

**Description :** The attacker is standing on the ropes (second or top rope) facing the victim. The attacker grabs the victim's head and puts one of their knees to the victim's face or chest. The attacker jumps off the ropes and drives the back of the victim's head into the mat.

## Face Driver, Underhook

**Used by :** Hunter Hearst Helmsley, Sick Boy

**AKA :** The Pedigree (HHH), The Cure (Sick Boy)

**Description :** The attacker executes a standing head scissors and hooks both the victim's arms. The attacker jumps up and drives the victim's face into the mat.

## Face Driver, Underhook Leg

**Used by :** Nova

**AKA :**

**Description :** The attacker is facing the victim. The attacker bends the victim down and hooks both of the victim's arms so they are behind the victim's back. The attacker links their hands together and then lifts up one of their legs across the back of the victim's neck. The attacker drops down, driving the victim down face first into the mat.

## Fist Drop

**Used by :** Ted DiBiase, Road Warrior Hawk

**AKA :**

**Description :** The attacker drops onto a downed opponent with their fist.

**Variations :**

- Off the Second Rope Fist Drop (Jerry Lawler)

## Flap Jack

**Used by :** Rick Rude, Steve McMichael, Booker T

**AKA :**

**Description :** The attacker lifts the victim up in the air as if for a back drop but instead of tossing them over, the attacker pushes them up in the air when the victim is horizontal so they land on their face/chest when they hit the mat.

**Variations :**

- Super Flap Jack (D-Von Dudley)

## Flap Jack, Fireman's Carry

**Used by :** Kanyon, Judo Suwa, Saturn

**AKA :**

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulders (a standing fireman's carry). The attacker releases the victim's head and pushes their body out so their body is pushed 90 degrees to where they were previously. The attacker falls back so the victim lands on their face/chest.

## Flying Arm Scissor

**Used by :** Kendo Ka Shin

**AKA :**

**Description :** The attacker grabs the victim's arm, jumps and scissor locks the victim's arm, pulling them down to the mat. This commonly leads to a crucifix armbar.

**Variations :**

- Super Flying Arm Scissors (Yumiko Hotta, Kendo Ka Shin)

## Flying Head Scissors

**Used by :**

**AKA :**

**Description :** The attacker jumps in the air catching the victim's head/neck between their legs and sealing the lock by crossing their ankles. The attacker falls the the mat, they pull down the victim to the mat.

**Variations :**

- Catapult Flying Head Scissors (Slingshot Flying Head Scissors - Billy Kidman)
- Super Flying Head Scissors (Super Calo)
- Somersault Flying Head scissors Suicida (Rey Misterio Jr.)
- Springboard Flying Head Scissors (TAKA Michinoku)

## Flying Head Scissors, Baseball Slide

**Used by :** Masato Yakushiji

**AKA :**

**Description :** The victim is standing on the floor, the attacker is in the ring. The attacker runs and slides feet first on their stomach at the victim. The attacker locks their ankles around the victim's head/neck. The attacker pushes thier body off the apron and falls forward, somersaulting onto their back and throwing the victim over onto their back on the floor.

## Forearm Smash

**Used by :** Iron Mike Sharpe

**AKA :**

**Description :** The attacker strikes the victim with their forearm. Can be a clubbing overhand forearm or straight forearm jab.

**Variations :**

- Corner Flying Forearm Smash (Satoshi Kojima)
- Forearm Smash Suicida (Elbow Suicida - Mitsuharu Misawa, Masato Tanaka)
- Flying Forearm Smash (Tito Santana, Five-Arm - Terry Taylor, Flying Burrito - Manny Fernandez)
- Handspring Forearm Smash (Yoshihiro Tajiri)
- Off the Top Rope Forearm Smash (Diving Elbow Smash - Jun Akiyama, Mitsuharu Misawa)
- Off the Top Rope Forearm Smash w/ Twist (Booker T)
- Springboard Forearm Smash (Minoru Fujita)

## Forearm Uppercut

**Used by :** Lord Steven Regal, Alex Wright, Dory Funk Jr.

**AKA :** European Uppercut

**Description :** The attacker strikes the victim in the chin with a rising blow with their forearm.



## Front Face Lock Drop

**Used by :** Michael Hayes

**AKA :**

**Description :** The attacker stands face to face with the victim and grabs the victim's head and places it under their arm. The attacker locks the victim's head with one arm, reaching around the victim's head and across their face. The attacker throws their body out backwards and drops to the mat on their stomach, driving the victim face first to the mat.

## Giant Swing

**Used by :** Hiroshi Hase, Chris Jericho, Lioness Aska

**AKA :**

**Description :** The victim is on their back, the attacker grabs both their legs and starts to spin. The momentum lifts the victim off the mat as they get spun around by their legs.

## Gutbuster Drop

**Used by :** Sgt. Slaughter, Jake Roberts

**AKA :** Stomach Breaker, Rib Breaker

**Description :** The attacker crouches the victim over and grabs them by one leg and across their chest. The attacker lifts the victim up so they are facing down and drops them stomach first across the attacker's knee as if for a back breaker drop.

## Gutbuster Drop, Cradle

**Used by :** Low Ki

**AKA :**

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's near leg and hooks it. The attacker lifts the victim so they are upside down. The attacker drops the victim in front of the attacker's body and sideways and kneels down, dropping the victim stomach first across the attacker's knee.

## Gutbuster Drop, Fireman's Carry

**Used by :** Dean Malenko, Hiroshi Hase

**AKA :** Fireman's Carry Stomach Breaker, Fireman's Carry Rib Breaker

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulders (a standing fireman's carry). The attacker pushes the victim up and over their head and drops them stomach first across their knee.

**Variations :**

- Super Fireman's Carry Gutbuster Drop (Dean Malenko)

## Gutbuster Drop, Flap Jack

**Used by :**

**AKA :**

**Description :** The attacker lifts the victim up in the air as if for a back drop but instead of tossing them over, the attacker pushes them up in the air when the victim is horizontal to the mat. The attacker kneels down so the victim lands across one of the attacker's knees as they fall to the mat.

## Gutbuster Drop, Front Suplex

**Used by :** Devil Masami

**AKA :**

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's thighs and lifts them straight up in the air so they are upside down. The attacker drops the victim's body forward in front of their body at an angle. As the victim falls to the mat, the attacker kneels down and drops the victim stomach first across the attacker's knee.

## Gutbuster Drop, Gutwrench

**Used by :** Diamond Dallas Page

**AKA :**

**Description :** The attacker is standing facing the victim. The attacker reaches around one side of the victim's body and locks their arms around the victim in a waistlock. The attacker lifts the victim off the mat until they are upside down. The attacker drops the victim forward and kneels down so the victim lands stomach first across the attacker's knee.

## Gutbuster Drop, Press Slam

**Used by :**

**AKA :**

**Description :** The attacker lifts the victim up over their head. The attacker drops the victim in front on their body and kneels down so the victim lands stomach first across the attacker's knee.

## Gutbuster Drop, Stretch

**Used by :** Dean Malenko

**AKA :**

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up and kneels down, dropping the victim stomach first across the attacker's knee.

## Gutbuster Drop, Tilt-a-whirl

**Used by :** Bulldog KT

**AKA :**

**Description :** The attacker stands facing the victim. The attacker reaches around the victim and lifts them up so they are at first horizontal to the mat and facing upwards. The attacker continues to spin the victim

in front of their body, the attacker kneels down and drops the victim stomach first across their knee. The initial lift is similar to that of a side slam and once the victim is lifted up, you flip them over.

## Hamstring Pull

**Used by :**

**AKA :** Leg Pick

**Description :** The victim is on their back, the attacker grabs the victim's leg and flips forward, pulling the victim's leg as far as it will go.

## Headbutt

**Used by :**

**AKA :** Junk Yard Dog, The Samoans

**Description :** The attacker strikes the victim with their head.

**Variations :**

- Flying Headbutt (Missing Link, Pantera)
- Flying Headbutt Suicida (Tope)
- Off the Second Rope Headbutt (Tony Atlas)
- Springboard Headbutt (Super Astro)

## Headbutt Drop

**Used by :** Bam Bam Bigelow

**AKA :**

**Description :** The attacker falls onto a prone opponent head first.

**Variations :**

- Off the Top Rope Headbutt Drop (Dynamite Kid, Chris Benoit, Bam Bam Bigelow)
- Off the Top Rope Headbutt Drop Suicida (Dynamite Kid, Chris Benoit)
- Off the Top Rope Moonsault Headbutt Drop (Hugh Morrus)
- Springboard Headbutt Drop (Kenichiro Arai)

## Heart Punch

**Used by :** Crush, Stan Stasiak

**AKA :**

**Description :** The attacker is facing the victim. The attacker lifts up one of the victim's arms straight up in a wrist lock. The attacker then punches the victim in the chest.

## Heart Kick

**Used by :** The Great Kabuki

**AKA :**

**Description :** The attacker is facing the victim. The attacker lifts up one of the victim's arms straight up in a wrist lock. The attacker then kicks the victim in the chest.

## Hip Attack

**Used by :** Shiro Koshinaka, Sakura Hirota

**AKA :**

**Description :** The attacker drives their hip into the attacker's head.

**Variations :**

- Corner Hip Attack (Reverse Avalanche - Yokozuna)
- Corner Jumping Hip Attack (Shiro Koshinaka, Headbanger Mosh)
- Jumping Hip Attack (Butt Butt - "Iceman" King Parsons, Shiro Koshinaka, Goldust, Megumi Kudo)
- Off the Top Rope Hip Attack (Shiro Koshinaka)
- Running Hip Attack (Hip Check - The Goon)
- Springboard Hip Attack (Sakura Hirota)
- Springboard Hip Attack Suicida (Yone Genjin)

## Hip Toss

**Used by :**

**AKA :**

**Description :** The attacker hooks under one of the victim's arm and leverages them over their hip so the victim lands back first on the mat.

## Hip Toss, Reverse

**Used by :** Red, Elix Skipper

**AKA :**

**Description :** The attacker stands face to face with the victim and places one arm across the victim's chest. The attacker steps behind the attacker's body and places their hip directly behind and against the victim's hip on the same side. The attacker pulls the victim with the arm that they've hooked them with over their hip and bends over, throwing the victim over so they land face first on the mat.

## Irish Whip

**Used by :**

**AKA :** Hammer Throw

**Description :** The attacker grabs an arm of the victim and whips them into the ropes or corner or railing or post.

## Jawbreaker

**Used by :** Terry Taylor, Barry Horowitz

**AKA :** Chin Crusher

**Description :** The attacker can be either facing towards or away from the victim. The attacker places their head under the chin of the victim and holds their head into place with their arms. The attacker drops down to the mat, either onto their knees or their butt and drives the victim's jaw into the top of their head.

**Variations :**

- Super Jawbreaker (Kaz Hayashi)

## Jawbreaker, Hammerlock Shoulder

**Used by :** "Above Average" Mike Sanders

**AKA :**

**Description :** The attacker grabs one of the victim's arm and bends it behind the victim's back. The attacker reaches around the victim's body and holds it in place (that is, if the victim's left arm is bent behind their back, the attacker reaches around the victim's right side to hold it). The attacker places the victim's chin on the attacker's shoulder and hooks it with their free hand. The attacker sits down, impacting the victim's jaw on their shoulder.

## Jawbreaker, Shoulder

**Used by :** CIMA, Danny Doring, Shane Douglas

**AKA :** Bare Back (Doring), Franchiser (Douglas)

**Description :** The attacker places the victim's chin on the attacker's shoulder and holds it in place with one or both hands. The attacker sits or drops down, impacting the victim's jaw on their shoulder.

## Jumping Standing Head Scissors

**Used by :** Junk Yard Dog, Honky Tonk Man

**AKA :** Scissors Stomp, The Shake (Honky Tonk Man)

**Description :** The attacker applies a standing head scissors on the victim. The attacker jumps up in the air and then lands on their feet with the victim's head still in the scissor lock.

## Kick

**Used by :**

**AKA :** Sweet Shin Music - Dude Love

**Description :** The attacker strikes the victim with the sole of their foot.

## Kick, Ax

**Used by :** Mitsuhiro Matsunaga, Koji Kanemoto, Kumiko Maekawa

**AKA :**

**Description :** The attacker lifts their leg straight up in the air and drops it down on the head (or shoulder) of the victim. Also can be executed to the back of the neck of a bent over opponent. The heel or back of the foot is the contact point of the attacker's foot.

**Variations :**

- Flying Ax Kick (Scissor Kick - Booker T, Ahmed Johnson)

- Flying Somersault Ax Kick (Scott Taylor)
- Off the Top Rope Somersault Ax Kick (Mima Shimoda, Daisuke Ikeda)
- Off the Top Rope Somersault Ax Kick w/ Twist (Ranemaru)

## Kick, Back

**Used by :** Larry Zbyszko, Steve Blackman

**AKA :**

**Description :** The attacker is facing the victim, the attack spins 180 degrees and strikes the victim in the stomach with the sole of their foot.

**Variations :**

- Jumping Back Kick (The Great Muta, Rob Van Dam)
- Springboard Back Kick (Rob Van Dam)

## Kick, Back Brain

**Used by :** Owen Hart, Bad News Brown, Antonio Inoki

**AKA :** Enzuigiri, Ghetto Blaster (Brown)

**Description :** The attacker jumps at the victim and strikes them in the back of the head with their foot. Commonly a counter to the victim holding one of the attacker's legs. The point of contact is the top of the attacker's foot.

**Variations :**

- Springboard Back Brain Kick (La Parka)

## Kick, Back Brain Heel

**Used by :** Tracy Smothers

**AKA :** Southern Kick (Smothers)

**Description :** The attacker jumps at the victim and strikes them in the back of the with the heel of their foot.

## Kick, Back Flip

**Used by :** Tiger Mask, Yoshi Asai, Dick Togo, Jinsei Shinzaki

**AKA :** Spinning Inferno Kick

**Description :** The attacker has his back to the victim. The attacker performs a standing backflip and hits the victim in the head with one or both their legs. The attacker lands on their hands and/or feet facing downward.

**Variations :**

- Handspring Back Flip Kick (Low Ki)

## Kick, Baseball Slide Roundhouse

**Used by :**

**AKA :**

**Description :** The victim is standing on the floor, the attacker is in the ring. The attacker runs and slides feet first towards the victim. The attacker swings his leg across his body and hits the victim, generally in their head with the top of the attacker's foot.

## Kick, Big Boot

**Used by :** The Barbarian, Hulk Hogan (lame version :-)) Kevin Nash

**AKA :** The Kick of Fear (the Barbarian), High Kick

**Description :** The attacker lifts up their leg and kicks the victim in the face with the bottom of their foot.

**Variations :**

- Running Big Boot Kick : (Kenka Kick, Yakuza Kick - Masahiro Chono, Bruiser Brody)
- Flying Big Boot Kick (Float Kick - Wild Bill Irwin, Wrath)
- Off the Top Rope Big Boot Kick (Akira Taue)
- Apron Dive Big Boot Kick (Akira Taue)

## Kick, Cartwheel

**Used by :** The Cat

**AKA :** Catwheel (Cat)

**Description :** The attacker performs a cartwheel towards the victim, hitting the victim in the head with the side of their foot as it comes up in the air.

## Kick, Crane

**Used by :** Chris Champion, Daniel-san

**AKA :** The Karate Kid Kick

**Description :** The attacker stands on one leg with the other one lifted to in the air. The attacker jumps up and switches legs and kicks the victim in the chin with the foot that was originally on the ground. The top of the attacker's foot is the contact part of this attack.

## Kick, Corner Back Flip

**Used by :** Tiger Mask, Great Sasuke

**AKA :**

**Description :** The victim is propped up in the corner, the attacker charges and runs up the outside ropes, as they reach the top, the kick the victim in the chest and perform a backflip so they land on their feet.

## Kick, Double Mule

**Used by :** Phinneas Godwinn (in Super Spaz Mode)

**AKA :** Kangaroo Kick

**Description :** Usually done with the attacker facing away from the opponent, sometimes done in a corner, attacker jumps and kicks backwards with both legs to the victim hitting them with both soles of their feet. If acrobatically inclined, the attacker usually does a forward roll out of this so they are standing after they

do it.

**Variations :**

- Handspring Double Mule Kick (Chaparrita ASARI)

## Kick, Heel

**Used by :** Ricky Steamboat, Savio Vega, Scott Taylor

**AKA :**

**Description :** The attacker stands at an angle to the victim with their back to them. The attacker lifts up their leg and shoots it backwards at an angle striking the victim in the head with their heel. This move is usually set up by the attacker applying an arm wringer to the victim and then hitting them with the kick as they hold their arm.

**Variations :**

- Flying Heel Kick (Zero-sen Kick -Tsuyoshi Kikuchi, Dean Malenko, D'Lo Brown)

## Kick, Jumping Spin

**Used by :** Syxx, Savio Vega, Owen Hart

**AKA :** Leg Lariat, Spin Wheel Kick

**Description :** The attacker jumps in the air, as they go in the air they spin their body and strike the victim with the side of their foot as they fly through the air.

**Variation :**

- Corner Jumping Spin Kick (Jerry Flynn, Pitbull #2, Kwang)
- Handspring Leg Lariat (Venum Black, Ikuto Hidaka)
- Off the Top Rope Leg Lariat (Hayabusa)
- Springboard Leg Lariat (Shinjiro Otani, Super Loco)

## Kick, Leg Sweep

**Used by :** Perry Saturn, Glacier, Shinya Hashimoto, Jerry Flynn

**AKA :**

**Description :** The attacker spins their body backwards and ducks down, as they duck down, they shoot out the leg that went back first and sweep out the feet of the victim as the attacker turns on their other foot or knee.

## Kick, Mule

**Used by :** Hillbilly Jim

**AKA :**

**Description :** The attacker has their back to the victim who is charging them. The attacker bends down and pushes out one foot striking the victim with the bottom of their foot.



## Kick, Overhead

**Used by :**

**AKA :**

**Description :** The attacker is either laying down or lays down on the mat with the victim standing near their head. The attacker lifts a leg and kicks up over their waist and chest, hitting the victim with the top of their foot, usually in the head. Can be used as a counter to an attack from behind. For example, a wrestler attempts a full nelson, the attacker breaks the victim's lock, falls to the canvas and kicks them in the face with their foot.

**Variations :**

- Flying Overhead Kick (Bicycle Kick - Pele, Meiko Satomura)

**NOTE :** The Bicycle Kick is different from the Back Flip Kick in that the attacker lands on their back after performing the kick, where the attacker lands on their hands and/or foot when they do the back flip kick)

## Kick, Rolling Koppou

**Used by :** Jushin Lyger, Psicosis, Antonio Inoki, Yuji Nagata, Toshiaki Kawada

**AKA :** Abise giri

**Description :** The attacker does a forward somersault roll. As they roll forward, the attack hits the victim in the head/chest with the back of their heel/leg.

**Variations :**

- Corner Rolling Koppou Kick (Jushin Lyger)

## Kick, Roundhouse

**Used by :** Ultimo Dragon, Mortis, Glacier, Ernest Miller, Yuji Nagata

**AKA :**

**Description :** The attacker kicks with one leg while pivoting 90 degrees on the other. The attack can be directed at the knee, midsection or head. It can be done to a sitting opponent to the back. The top of the attacker's foot is the contact point for this kick.

**NOTE :** Technically, a Back Brain Kick is a jumping Roundhouse Kick to the back of the head/neck

**Variations :**

- Off the Top Rope Roundhouse Kick (Diving Brain Kick - Toshiyo Yamada)
- Off the Top Rope Roundhouse Kick with Twist (Felinor - Ernest Miller, Meteor Kick - Naohiro Hoshikawa)
- Flying Roundhouse Kick (Toshiaki Kawada)
- Springboard Roundhouse Kick (Takeshi Ono)

## Kick, Short Arm Roundhouse

**Used by :** Karloff Lagarde Jr.

**AKA :**

**Description :** The attacker grabs the victim by one arm and pulls them towards them. As the attacker pulls the victim in, the attacker kicks with one leg while pivoting 90 degrees on the other, kicking the victim in the stomach. The top of the attacker's foot is the contact point for this kick.

## Kick, Side

**Used by :** Stan Lane, Steve Blackman

**AKA :**

**Description :** The attacker lifts their knee so they are standing with their side to the victim. The attacker pushes out their leg level to the ground, striking the victim with the bottom of their foot.

**Variations :**

- Apron Dive Side Kick (Great Sasuke)
- Off the Top Rope Side Kick (Rob Van Dam, Glacier)
- Flying Side Kick (Bruce Lee)
- Off the Top Rope Side Kick Suicida (Rider Kick - Great Sasuke)

## Kick, Snap

**Used by :**

**AKA :** Front Kick

**Description :** A standard martial arts kick. The attacker lifts their knee up and pushes their foot out striking the victim the kick, usually in the stomach. The point of contact is the sole of the attacker's foot.

**Variations :**

- Apron Dive Snap Kick (Steve Blackman)
- Flying Snap Kick (Lethal Kick - Steve Blackman, Kumiko Maekawa)
- Off the Top Rope Snap Kick (Steve Blackman)

## Kick, Spin

**Used by :** Rob Van Dam, Mitsuharu Misawa, Booker T

**AKA :**

**Description :** The attacker turns around about 270 degrees and hits the victim with the outer part of the foot. The victim is usually to one side of the attacker's body when their foot hits them.

## Kick, Spinning Heel (Spinning Hook Kick)

**Used by :** Savio Vega, Booker T, X-Pac

**AKA :**

**Description :** The attacker turns 360 degrees and hits the victim in the head with the heel of the leg which

turned first.

**Variations :**

- Corner Running Spinning Heel Kick (Paul Diamond)

## Kick, Spinning Roundhouse

**Used by :** Yuji Nagata, Ernest Miller

**AKA :**

**Description :** The attacker performs a 360 degree turn and kicks the victim with the top of their foot.

**Variation :**

- Flying Spinning Roundhouse Kick (Flash Funk, Toshiyo Yamada)

## Kick, Step

**Used by :** Toshiaki Kawada, Tenryu

**AKA :**

**Description :** The attacker pushes the victim's head down and delivers a kick with the top of their foot/boot to the victim's face.

## Kick, Straight Leg Jumping Side

**Used by :** Booker T

**AKA :** Harlem Side Kick (Booker T),

**Description :** The attacker jumps at the attacker standing sideways and hits the victim in the head with the side of their leg.

**Variations :**

- Springboard Straight Leg Side Kick (Sabu)

## Kick, Thrust

**Used by :** Shawn Michaels, Chris Adams, Stevie Richards

**AKA :** Super Kick (Adams), Sweet Chin Music (Michaels) The Stevie Kick (Richards)

**Description :** The attacker stands sideways. The attacker usually takes a step, lifts up their lead leg and then shoots it out, kicking the victim usually in the head. The point of contact is the sole of the attacker's foot.

**Variations :**

- Off the Top Rope Thrust Kick (Chazinator - Chaz)

## Knee Breaker, Knee Drop

**Used by :** Curt Hennig, The Great Kabuki

**AKA :**

**Description :** The victim is on their back, the attacker grabs the victim's leg. The attacker places one leg

behind the victim's knee and places the victim's ankle/shin behind the knee of their other leg. The attacker jumps and drives the victim's leg into the mat.

## Knee Breaker Drop

**Used by :** Ric Flair, Tito Santana, Greg Valentine, Jeff Jarrett

**AKA :** Shinbreaker

**Description :** The attacker stands to the side of the victim. The attacker waistlocks the victim with one hand while holding the victim's bent leg with the other. The attacker lifts the victim up in the air and then kneels slightly, dropping the victim's bent leg across the attacker's knee.

**Variations :**

- Super Knee Breaker Drop (Men's Teioh)
- Standing On the Top Rope Knee Breaker Drop (Men's Teioh)

## Knee Breaker Drop, Belly to Belly

**Used by :** Susumu Mochizuki

**AKA :**

**Description :** The attacker is facing the victim. The attacker lifts the victim up off the mat and slightly over their shoulder. The attacker bends one of the victim's legs to the side so their shin is horizontal to the mat and the ankle is to the back of the other knee. The attacker drops to one knee and drops the victim knee first across their knee.

## Knee Clip

**Used by :** Brian Pillman, Steve McMichael

**AKA :**

**Description :** The attacker dives at the back of a victim's leg(s) and takes them out.

## Knee Drop

**Used by :** Ric Flair, Harley Race, Randy Savage

**AKA :**

**Description :** The attacker drops down knee first on a prone victim.

**Variations :**

- Off the Second Rope Knee Drop (Killer Khan)
- Off the Top Rope Knee Drop (Bobby Eaton, Antonio Inoki, Tatsumi Fujinami)
- Off the Top Rope Moonsault Knee Drop (The Great Muta)
- Springboard Knee Drop (TAKA Michinoku)

## Knee Lift

**Used by :** Mr. Wrestling II, Jake Roberts

**AKA :**

**Description :** The attacker strikes the victim with their knee. Commonly done to a bent over opponent.

**Variations :**

- Catapult Knee Lift Suicida (Takeshi Sasaki)
- Flying Knee Lift (Randy Savage, High Knee - Booty Man/Beefcake, Jumbo Tsuruta, Jun Akiyama)
- Off the Second Rope Knee Lift (Jake Roberts)
- Off the Top Rope Knee Lift (Jun Akiyama, Destiny Hammer - Takako Inoue)
- Springboard Knee Lift (Takeshi Ono)

## Knee Lift, Double

**Used by :** Steven Regal

**AKA :**

**Description :** The attacker grabs the victim and bends them forward slightly. The attacker then jumps and drives both knees into the victim's chest or head.

**Variations :**

- Corner Running Double Knee Lift (Shima Nobunaga)

## Knee Lift, Driving

**Used by :** Andre the Giant, Giant Baba, the Giant

**AKA :** Coconut Crush, Face Breaker

**Description :** The attacker lifts their knee and places it on the victim's forehead and grabs the victim's head. The attacker pushes with their hands and drops their leg driving the victim's head into the knee once the foot hits the ground. Can be done from a side headlock.

**Variations :**

- Running Driving Knee Lift (Disco Inferno, Hunter Hearst Helmsley)
- Super Driving Knee Lift (Reckless Youth)

## Knee Slam

**Used by :**

**AKA :**

**Description :** The victim is face down on the mat. The attacker grabs one of the victim's legs by the ankle and lifts it up, usually lifting the lower part of the victim's body off the mat, and then slams the knee down into the ground.

## Knee Stretch

**Used by :** Masanabu Fuchi

**AKA :**

**Description :** The victim is on their back on the mat. The victim stands on one of the victim's legs and

holds the victim's other leg up in the air with both their hands. The attacker falls backwards and pulls on the victim's leg in an attempt to pull it out of joint.

## Knee Strike, Jumping

**Used by :** Johnny Stewart, Kengo Kimura

**AKA :** Inadsma Leg Lariat (Kimura)

**Description :** The attacker is running at the victim and jumps in the air as if for a flying shoulder tackle, but instead of tackling them, the attacker knees the victim in the head.

## Knee to the Stomach, Short Arm

**Used by :** Killer Khan

**AKA :**

**Description :** The attacker grabs one of the victim's arms and pulls the victim directly into a knee to the stomach.

## Leg Breaker, Leg Drop

**Used by :** Justin Credible

**AKA :**

**Description :** The attacker stands facing the standing victim. The attacker grabs one of the victim's legs and holds it horizontal to the mat. The attacker places one of their legs over the victim's leg and knee. The attacker drops down and drives the victim's leg into the canvas.

## Leg Breaker, Shoulder

**Used by :** Meiko Satomura

**AKA :**

**Description :** The attacker and victim are facing each other. The attacker graps one of the victim's legs. The attacker turns their back to the victim and brings their shin up over the attacker's shoulder. The attacker drops down and impacts the victim's shin on the attacker's shoulder.

## Leg Drag

**Used by :** Tatsumi Fujinami, Keiji Mutoh/The Great Muta, Chris Benoit, Dean Malenko

**AKA :** The Dragon Screw, Leg Whip

**Description :** The attacker grabs the victim's leg, the attacker falls to the mat and twists the victim's leg, dragging them to the mat.

**Variations :**

- Super Leg Drag (Keiji Mutoh)

## Leg Drop

**Used by :** Hulk Hogan, Yokozuna

**AKA :** The Leg Drop Of Doom (Hogan), Hulkbuster (Yokozuna)

**Description :** The attacker drops onto a prone opponent with the back of their leg.

**Variations :**

- Somersault Leg Drop (2 Cold Scorpio)
- Off the Top Rope Leg Drop (Alabama Jam - Bobby Eaton)
- Catapult Leg Drop (Slingshot Leg Drop - Sabu, Al Snow, Johnny B. Badd)
- Catapult Leg Drop Suicida (Psicosis)
- Springboard Leg Drop (w/ Victim across top Rope) (Al Snow, Issac Yankem)
- Catapult Somersault Leg Drop (Sabu)
- Off the Top Rope Moonsault Leg Drop (Drop the Bomb - 2 Cold Scorpio)
- Off the Second Rope Somersault Leg Drop (Flash Funk)
- Off the Top Rope Somersault Leg Drop (Harlem Hangover - Booker T)
- Off the Top Rope Somersault Leg Drop with Twist (Tumbleweed - 2 Cold Scorpio)

## Leg Split, Double Leg Drop

**Used by :** Brandi Alexander

**AKA :**

**Description :** The victim is on their back. The attacker grabs both the victim's legs and holds them in the air. The attacker jumps putting their legs inbetween the victim's legs and spreads them as far as they can. As the attacker falls to the ground, the victim's legs are forced apart as if they were doing a split. **NOTE :** This is not a low blow, the attacker's legs don't hit the victim in the groin.

## Leg Sweep, Cobra Clutch

**Used by :** Ted DiBiase, Masao Inoue, Johnny Swinger

**AKA :** Million Dollar Buster (DiBiase), Swing Thing (Swinger)

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck. The attacker uses their free arm to reach across the victim's body and grab the victim's arm which is on the the same side as the arm the attacker is apply the half nelson. The attacker pulls the victim's arm across their face and locks their hands around the victim's neck. The attacker moves to the side of the victim and wraps their leg around the victim's near leg. The attacker falls backwards and sweeps out the victim's leg, dropping the victim on their back.

## Leg Sweep, Forward Russian

**Used by :** Brian Christopher, the Barbarian

**AKA :**

**Description :** The attacker stands to the side of the victim and faces in the same direction. The attacker wraps one arm around the victim's neck while stepping in front of the nearest leg of the victim and hooking it. The attacker falls forward, driving the victim face first into the mat.

## Leg Sweep, Full Nelson Forward Russian

**Used by :** Brian Christopher, Jeff Jarrett

**AKA :**

**Description :** The attacker stands behind the victim. The attacker places both their arms under the victim's arms and locks them behind the victim's neck. The attacker moves to the side of the victim and wraps their leg around the victim's near leg. The attacker falls forward, driving the victim face first into the mat.

## Leg Sweep, Reverse Russian

**Used by :** Mortis/Kanyon, Reckless Youth, Super Nova, Edge

**AKA :** DOA (Mortis), Novacane (Nova), Flatliner (Kanyon), Downward Spiral (Edge)

**Description :** The attacker stands face to face with the victim. The attacker grabs across the front of the victim with one arm and hooks the victim's leg. The attacker falls backwards and drives the victim's face/chest into the mat.

## Leg Sweep, Russian

**Used by :** Brad Armstrong, Bret Hart

**AKA :** Side Russian Leg Sweep

**Description :** The attacker stands to the side of the victim and faces in the same direction. The attacker wraps one arm around the victim's neck while stepping in front of the nearest leg of the victim and hooking it. The attacker falls back and sweeps out the victim's legs dropping the victim to the mat and wrenching their neck.

**Variations :**

- Super Side Russian Leg Sweep (Mortis, Little Guido)

## Leg Sweep, 3/4 Facelock Russian

**Used by :** Lash LeRoux

**AKA :** Whiplash 2000 (LeRoux)

**Description :** The attacker stands at the side of the victim and applies a 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim). The attacker uses their leg which is nearest the victim nearest leg of the victim and hooks it. The attacker falls back and sweeps out the victim's legs dropping the victim to the mat and wrenching their neck.

## Leg Trip, Sliding

**Used by :** Lance Storm

**AKA :**

**Description :** The attacker slides on the mat and sticks out their arms, tripping the victim so they fall forward. This can be done with either the victim or attacker running or both.

## Leg Twist

**Used by :** Tiger Mask

**AKA :** Jumping Toe Hold

**Description :** The victim is on their back. The attacker grabs one of the victim's leg the attacker steps



around the victim's leg so it is wrapped around one of the victim's leg. The attacker drops the mat as they spin, landing with their knee on victim's leg which they are applying the toe hold.

## Leg Wheel

**Used by :** Vampiro

**AKA :**

**Description :** A judo move. The attacker stands to the side of the victim. The attacker grabs the victim by the waist. The attacker places one leg in front of the victim. The attacker leverages the victim over their leg and onto their back.

## Low Blow

**Used by :** Beavis, Marc Mero

**AKA :** Kick to the 'nads, The Gulotta (Mero)

**Description :** Any assortment of blows to the groin, of which the male writer of this list wishes not to have to explain.

**Variations :**

- Corner Low Blow (Shattered Dreams - Goldust)

## Low Blow, Ring Rope

**Used by :**

**AKA :**

**Description :** The attacker stands behind and slightly to the side of the victim. The attacker grabs the victim's midsection with one arm and hooks one of the victim's legs with the other. The attacker lifts the victim up over their shoulder so the victim is parallel to the mat. The attacker drops the victim on the ring ropes so the victim gets crotched on the top rope.

**Variations :**

- Super Ring Rope Low Blow (Rob Van Dam)

## Mat Slam

**Used by :** X-Pac, Konnan

**AKA :** X Factor (X-Pac)

**Description :** The attacker grabs the victim by their neck or hair and slams their face into the mat.

**Variations :**

- Running Mat Slam (Face Crusher/One Handed Bulldog - Rocco Rock, Keiji Mutoh)
- Flying Mat Slam (Terry Garvin, Luna Vachon)
- Springboard Mat Slam (Hayabusa, Rey Misterio Jr.)

## Mat Slam, Baseball Slide

**Used by :** Kidman

**AKA :**

**Description :** The victim is standing on the floor, the attacker is in the ring. The attacker runs and slides feet first to the side of the victim under the bottom rope. As the victim slides out to the floor, the attacker grabs the victim's head/hair/neck and drives the victim face first into the floor.

## Mat Slam, Belly to Back Lifting

**Used by :** Daiyu Kawauchi, Christian York, A.J. Styles

**AKA :**

**Description :** The attacker is behind the victim. The attacker lifts the victim up over their shoulder and grabs under their leg. The attacker then pushes down on the victim's leg, dropping the victim face/stomach first into the mat.

## Mat Slam, Crossed Arms Reverse

**Used by :** Shane Helms

**AKA :**

**Description :** The attacker stands behind the victim. The victim's arms are held so the victim's left or right hand is held by the attacker's opposite hand, causing the victim's hands to be crossed in front of their chest. The attacker sits down and pulls down the victim, slamming them down on the back of their head.

## Mat Slam, Fireman's Carry

**Used by :** Ted Hart

**AKA :**

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulders (a standing fireman's carry). The attacker releases the victim's legs and throws their body around so they are swung in front of the attacker's body. The attacker holds onto the victim's head, sits/drops down and drops the victim face first into the ground.

## Mat Slam, Flap Jack

**Used by :** CIMA

**AKA :**

**Description :** The attacker lifts the victim up in the air as if for a back drop but instead of tossing them over, the attacker pushes them up in the air when the victim is horizontal. As the victim falls to the mat, the attacker grabs the victim's head and slams them first into the mat.

## Mat Slam, Lifting

**Used by :** Akira Taue, Sumo Fuji

**AKA :**

**Description :** The attacker grabs the victim by their neck. The attacker lifts the victim off the ground by

their neck and slams them down face first into the mat. Sort of like a chokeslam except the attacker drops the victim on their face and pushes them down by the back of their neck.

## Mat Slam, Reverse

**Used by :** Goldust

**AKA :** The Oscar (Goldust)

**Description :** The attacker grabs the victim by the front of the head or by their hair and slams them down to the mat on the back of their head.

**Variations :**

- Off the Top Rope Reverse Mat Slam (Hardwork Bobby Walker)

## Mat Slam, Sleeper Hold Reverse

**Used by :** Matt Hardy, Shannon Moore

**AKA :**

**Description :** The attacker stands behind the victim and wraps one of their arms around the victim's neck, but not under their chin. The attacker throws their legs out away from the victim's body and drives the victim down to the mat on their back and the back of their head.

## Monkey Flip

**Used by :**

**AKA :**

**Description :** The attacker jumps onto the knees or waist of the victim and hooks their hands behind the victim's head/neck. The attacker falls backwards and pushes with their legs. The victim is flipped over backwards and lands on their back. This move is commonly done out of a corner.

**Variations :**

- Apron Dive Monkey Flip

## Monkey Flip, Reverse

**Used by :**

**AKA :**

**Description :** The attacker falls on his back and holds up both their legs. The victim is coming off the ropes towards the head of the attacker. The attacker catches the victim with their legs and pushes the victim over flipping them so they land on their back.

## Neck Breaker

**Used by :** Honky Tonk Man, Masked Superstar

**AKA :** Swinging Neck Breaker, Shake, Rattle And Roll (HTM)

**Description :** The attacker applies a front face lock on the victim. The attacker spins to the side twisting the head of the victim and falling to the mat.

**Variations :**

- Running Neck Breaker (Bobby Eaton, Dude Love)

## Neck Breaker, Argentine Back Breaker Rack

**Used by :** Big Dick Dudley, Chris Canyon, Prince Albert

**AKA :** Dick Driver (Dudley)

**Description :** The attacker lifts the victim up so that they are laying across the attacker's shoulders and hooks the victim's neck and leg. The attacker releases the victim's legs and pushes the victim's body so that it swings out straight behind the attacker's body. As the victim's body is moving out, the attacker keeps hold to the victim's neck and falls down, executing a hangman's style neck breaker.

## Neck Breaker, Arm Trap Shoulder

**Used by :** William Regal

**AKA :**

**Description :** The attacker grabs one of the victim's arms and pulls it up across the victim's chin. The attacker keeps hold of the victim's arm and turns the victim so their neck is across the attacker's shoulder and is being held in place their by victim's arm. The attacker drops down and wrenches the victim's neck on the attacker's shoulder.

## Neck Breaker, Cradle

**Used by :** Chris Canyon

**AKA :**

**Description :** The attacker applies a front facelock on the victim and hooks one of their legs as if they were going to go for a fisherman suplex. The attacker spins to the side while still holding the victim's leg and falls to the mat, twisting the victim's neck.

## Neck Breaker, Elevated Cradle

**Used by :** Damian, Yone Genjin, Mike Enos, Daisuke Ikeda

**AKA :** Muscle Buster

**Description :** The victim is sitting on the top turnbuckle. The attacker grabs the victim and bends them down so the back of the victim's neck is resting on the attacker's shoulder. The attacker hooks one or both of the victim's legs with their arms. The attacker stands up so the victim is suspended upside down with the the attacker holding their legs. The attacker drops to their knees, impacting the victim's neck on the attacker's shoulder.

## Neck Breaker, Inverted Facelock Swinging

**Used by :** "Fallen Angel" Christopher Daniels, Nova, Reno/Rick Cornell

**AKA :** Last Rights (Daniels), Spin Doctor (Nova), Roll the Dice (Reno)

**Description :** The attacker applies an inverted facelock on the victim. The attacker quickly spins to a side, wrenching the victim's neck and dropping them face first into the mat.

## Neck Breaker, Pumphandle Argentine Back Breaker

**Used by :** Julio Dinero

**AKA :**

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker bends down and lifts the victim up so they are laying across the attacker's back. The attacker releases their hold on the victim's arm and pushes the victim's body so that it swings out straight behind the attacker's body. As the victim's body is moving out, the attacker keeps hold to the victim's neck and falls down, executing a hangman's style neck breaker.

## Neck Breaker, Shoulder

**Used by :** Rick Rude, Road Warrior Hawk, Alex Wright

**AKA :** Rude Awakening (Rude), Hangman Neck Breaker

**Description :** The attacker stands back to back with the victim. The attacker grabs the victim's head or chin and pulls their head back so their neck is resting across the victim's shoulder. The attacker drops down, impacting the victim's neck on their shoulder. This is commonly set up with a front face lock, but it isn't necessary to do the move.

**Variations :**

- Flying Somersault Neck Breaker (Reckless Youth)
- Off the Top/Second Rope Somersault Neck Breaker (Buff Blockbuster - Buff Bagwell, Sonoko Kato)

## Neck Breaker, Spinning Back to Back Back Breaker Rack

**Used by :** Eddy Guerrero

**AKA :** Gory Special 2000 (Guerrero)

**Description :** The attacker lifts the victim up over their shoulder so they the victim is across their back and their upper back is across the attacker's shoulder. The attacker tucks the victim's legs around the attacker's hips. From there the attacker applies a chinlock to the victim. The attacker starts spinning around in a circle and releases the victim's legs. The attacker throws out their legs and sits down, impacting the victim's neck on the attacker's shoulder.

## Neck Snap

**Used by :** Curt Hennig, Shane Douglas

**AKA :**

**Description :** The victim is sitting, the attacker is behind them. The attacker performs a forward flip over the victim and grabs the back of their head/neck, snapping it forward.

**Variation :**

- Catapult Neck Snap (Slingshot Neck Snap - Mikey Whipwreck)
- Off the Second Rope Neck Snap (Mike Enos)

## Neck Snap, Reverse

**Used by :** Shane Douglas

**AKA :**

**Description :** The victim is on their stomach on the mat. The attacker charges them grabs the victim under their chin and performs a forward flip, wrenching the neck back.

## Neck Snap, Ring Rope

**Used by :** Devil Masami, Yun Yang

**AKA :**

**Description :** The victim stands with their back to the ropes. The attacker is on the other side of the ropes and grabs the victim's head. The attacker drops down, snapping the victim's head back and across the ring ropes.

## Neck Twist, Standing Head Scissors

**Used by :** Curt Hennig

**AKA :**

**Description :** The attacker places the victim head between their legs in a standing head scissors. The attacker then twists their legs and body to one side while the victim's head is still in the scissor lock.

## Nerve Strike

**Used by :** Brian Adias

**AKA :** Oriental Tool Punch

**Description :** A martial arts strike where the attacker hits the victim in a nerve. Most nerve strikes are focused at the neck.

## Palm Thrust

**Used by :** Jushin Lyger, Super Delfin

**AKA :** Shotay

**Description :** The attacker throws a jab at the victim, striking them with palm of their hand.

**Variations :**

- Palm Thrust Flurry (Jushin Lyger)
- Running Palm Thrust (Jushin Lyger)
- Off the Top Rope Palm Thrust (Jushin Lyger)

## Piledriver

**Used by :** Paul Orndorff, Jerry Lawler

**AKA :**

**Description :** The attacker applies a standing head scissors on the victim and grabs around their midsection. The attacker lifts the victim up so they are upside down. The attacker then drops the victim

head first to the mat, either by sitting down or dropping to their knees.

**Variations :**

- Super Piledriver (Perry Saturn)

## Piledriver, Argentine Back Breaker Rack

**Used by :** Super Dragon

**AKA :** Psycho Driver (Dragon)

**Description :** The attacker lifts the victim up so that they are laying across the attacker's shoulders and hooks the victim's neck and leg. The attacker releases the victim's legs and throws their body up in the air while rotating their body in front of the attacker's body upside down and facing away from the attacker's body. The attacker grabs around the victim's torso and sits down, dropping the victim down on their head.

## Piledriver, Belly to Belly (Tombstone)

**Used by :** Undertaker, Owen Hart, Koji Katio, Justin Credible

**AKA :** Tombstone Piledriver, K-Driller (Katio), That's Incredible (Credible)

**Description :** The attacker lifts the victim up as if for a bodyslam. The attacker puts the victim's head down between the attacker's legs so the victim is up side down and belly to belly with the victim. The attacker can drop down to their knees or sit down to the mat.

**Variations :**

- Super Tombstone Piledriver (Chris Benoit, Justin Credible)

## Piledriver, Body Slam Side

**Used by :** Akira Hokuto, Kensuke Sasaki, Al Snow

**AKA :** Northern Lights Bomb, Snow Plow (Al Snow)

**Description :** The attacker lifts up the victim up as if they were going to give them a bodyslam. The attacker falls to the side, dropping the victim on their head.

**Variations :**

- Super Northern Lights Bomb (Kensuke Sasaki)

## Piledriver, Body Slam Though legs

**Used by :** TAKA Michinoku, KAORU, Bam Bam Bigelow, Juventud Guerrera

**AKA :** Michinoku Driver II (TAKA), Excalibur (KAORU), Greetings from Asbury Park (Bigelow), Juvi Driver (Juventud)

**Description :** The attacker lifts up the victim as if they are going to give them a body slam. The attacker positions the victim's head down and sits/jumps/drops down, dropping the victim on their head.

**NOTE :** Devon Storm, Mitsuharu Misawa and Tommy Dreamer do a variation of this where they drop

the victim slightly to the side, instead of between their legs, but it's basically the same type of move.

**Variations :**

- Running Bodyslam (through Legs) Piledriver (Running Excalibur - KAORU)
- Super Body Slam (through legs) Piledriver (Juventud Guerrera)

## Piledriver, Cradle

**Used by :** Jerry Lynn, Lance Storm

**AKA :**

**Description :** The attacker applies a standing head scissors on the victim and grabs around their midsection. The attacker lifts the victim up so they are upside down. The attacker holds the victim with one arm and with their free arm, the attacker reaches through the victim's legs and locks their hands in a cradle like hold. The attacker then drops the victim head first to the mat, either by sitting down or dropping to their knees.

## Piledriver, Cradle Suplex through legs

**Used by :** Low Ki, Lioness Aska

**AKA :** Ki Krusher (Low Ki), LSD II (Aska)

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's near leg and hooks it. The attacker lifts the victim so they are upside down. The attacker shifts the victim so they are in front of their body. The attacker sits down and drops the victim straight down so they land on their head.

**Variations :**

- Super Cradle Suplex through legs Piledriver (Low Ki)

## Piledriver, Double Leg Back

**Used by :** Sonoko Kato, Genki Horiguchi

**AKA :** Crown's Gate (Kato), Beach Break (Horiguchi)

**Description :** The attacker is standing face to face with the victim. The attacker ducks down and places their legs between the victim's legs and hooks them. The attacker stands up so the victim is suspended upside down with their chest to the attacker's back while their legs are held over the attacker's shoulders. The attacker sits down, driving the victim's head into the mat.

**Variations :**

- Super Double Leg Back Piledriver (Mr. Gannosuke)

## Piledriver, Double Leg Hook

**Used by :** Aja Kong, Jacques Rougeau

**AKA :**

**Description :** The attacker applies a standing head scissors on the victim and hooks both the victim's legs



with their arms. The attacker lifts the victim up so they are upside down and continues to hold their legs. The attacker sits down, driving the victim's head into the mat.

## Piledriver, Face First

**Used by :** Col. Debeers, Diamond Dallas Page, Tarzan Goto

**AKA :** Trip to the Diamond Mine/Pancake (Page), Facebuster (Goto)

**Description :** The attacker applies a standing head scissors on the victim and grabs around their midsection. The attacker lifts the victim up so they are upside down. The attacker falls forward so the victim lands face/chest first on the mat with the attacker's weight coming down on top of them.

## Piledriver, Fireman's Carry Body Slam Through Legs

**Used by :** Akinori Tsukioka, Lash LeRoux, Chris Chetti

**AKA :** Moonlight Bomb (Tsukioka), Amityville Horror (Chetti), Whiplash (LeRoux)

**Description :** The attacker lifts the victim up so the victim is laying across their shoulders on their stomach. The attacker releases the victim's legs and swings the victim around as if they are going to bodyslam them, but instead drop the victim on their head as the attacker sits down. Similar to a Michinoku Driver II.

## Piledriver, Inverted Face Lock Suplex Body Slam Through Legs

**Used by :** TAKA Michinoku

**AKA :** Michinoku Driver II-B (TAKA)

**Description :** The attacker applies an inverted facelock on the victim. The attacker hooks the victim's thighs and lifts them straight up in the air so the victim is upside down. The attacker holds the victim as if for a body slam. The attacker sits down, dropping the victim on their head.

## Piledriver, Over the Shoulder Belly to Back

**Used by :** Mariko Yoshida, Nova, Crash Holly

**AKA :** Air Raid Crash (Yoshida), Kryponite Crunch (Nova), Crash Course (Holly)

**Description :** The attacker lifts the victim up over their shoulder and hooks their leg with one arm and cradles the victim's head with their other arm. The attacker then sits down, and releases the victim's leg, dropping them on their head/back of their head/neck.

**Variations :**

- Super Over the Shoulder Belly to Back Piledriver (Nova)

## Piledriver, Reverse Gory Special

**Used by :** Megumi Kudoh, Shane Helms

**AKA :** Spinning Kudoh Driver (Megumi Kudoh), Vertibreaker (Helms)

**Description :** The victim is behind the attacker. The attacker places the victim's head between their legs and hooks both their arms. The attacker turns around so the victim is now in front of the attacker facing

the same direction, at the same time, the victim ducks down and sticks their head between the victim's legs and stands up while still having the arms hooked. The victim is lifted up so they are now upside down, the attacker suspends the victim by keeping their arms trapped. The attacker holds the victim's arms and grabs the victim's legs. The attacker sits down, dropping the victim on their head/back of the neck.

## Piledriver, Stretch Body Slam Through Legs

**Used by :** Magnum Tokyo, Scott Andrews

**AKA :** Viagra Driver (Magnum), Pumphandle Michinoku Driver II, Force of Nature (Andrews)

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up so the victim is over their shoulder, from there, the attacker pushes the victim's head forward as if they were going to body slam them, however, the attacker sits down and drops the victim on their head, in a motion similar to a Michinoku Driver II.

**Variations :**

- Running Stretch Body Slam Through Legs Piledriver (Rey Bucanaro)

## Piledriver, Suplex Belly to Belly (Tombstone)

**Used by :** Scott Steiner

**AKA :** The Steiner Screw Driver or the Steiner Square Driver

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's tights and lifts them straight up in the air so they are upside down. The attacker turns the victim slightly and releases the victim's head and drops them inbetween their legs so they land on their head.

## Piledriver, Suplex Body Slam through legs

**Used by :** Hayabusa, Bob Holly

**AKA :** Falcon Arrow (Hayabusa), Hollycaust (Holly)

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's tights and lifts them straight up in the air so they are upside down. The attacker turns the victim slightly as if they are going to body slam the victim. The attacker positions the victim's head down and sits/jumps/drops down, dropping the victim on their head, similar to a Michinoku Driver II.

**NOTE :** There are two versions of the Falcon Arrow. There is the finisher version discussed above and the version where the attacker sits down and sort of slams the attacker, not dropping them on their head. Perry Saturn and Hayabusa both do this during "fake finishes", basically, they're taking it easy on their opponent by not dropping them on their head when the match has to continue.

**Variations :**

- Super Suplex Body Slam though Legs Piledriver (Hayabusa)

## Piledriver, Tilt-a-Whirl

**Used by :**

**AKA :**

**Description :** The attacker lifts up the victim and quickly spins their body around in front of them. The attacker stops when the victim is upside down, and the attacker has their arms wrapped around the victim's body so they are belly to belly. The attacker sits or knees down, dropping the victim on their head.

## Piledriver, Underhook

**Used by :** Mitsuharu Misawa, Kid Kash

**AKA :** Tiger Driver '91 (Misawa), Money Maker (Kash)

**Description :** The attacker bends the victim down and hooks both the victim's arms. The attacker lifts the victim up so they are upside down and then sits or kneels down, dropping the victim on the their head/back of their neck.

## Piledriver, Underhook Face First

**Used by :** Rob Van Dam, Stevie Ray, Ryuji Yamakawa, Christopher Daniels

**AKA :** Slap Jack (Stevie Ray), Angel's Wings (Daniels)

**Description :** The attacker bends the victim down and hooks both the victim's arms. The attacker lifts the victim up so they are upside down, they then push the victim forward while still holding their arms and then sit or kneel down, dropping the victim face first to the mat. Similar to Hunter Hearst Helmsley's "Pedigree" underhook facedriver.

## Powerbomb

**Used by :** Vader, Sid Vicious, Kevin Nash

**AKA :** Jackknife (Nash)

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are over the attacker's shoulder or sitting on the attacker's shoulders facing the opposite direction. The attacker then drops the victim down back first to the mat.

**Variations :**

- Running Powerbomb (The Gladiator, Running Lyger Bomb - Ultimo Dragon)
- Standing On Top Rope Powerbomb (Blond Bombshell-Chris Candido, Chris Benoit, Kamakazi Awesome Bomb - The Gladiator)
- Slingshot Powerbomb (JT Smith)

## Powerbomb, Argentine Back Breaker Rack

**Used by :** Rencor Latino, Lioness Aska

**AKA :** Towerhacker Bomb (Aska)

**Description :** The attacker lifts the victim up so that they are laying across the attacker's shoulders and hooks the victim's neck and leg. The attacker releases the victim's head and swings their body out over the attacker's head and sits down, dropping the victim down to the mat on their back.

## Powerbomb, Argentine Back Breaker Rack Face First

**Used by :** Masaru Seno

**AKA :**

**Description :** The attacker lifts the victim up so that they are laying across the attacker's shoulders and hooks the victim's neck and leg. The attacker releases the victim's head and swings their body out in front of the attacker's body. The attacker pushes down on the victim's chest and releases the victim's legs, dropping the victim face/chest first to the mat as the attacker sits down.

## Powerbomb, Argentine Back Breaker Rack Side Fall

**Used by :** Kyoko Inoue

**AKA :**

**Description :** The attacker lifts the victim up so that they are laying across the attacker's shoulders and hooks the victim's neck and leg. The attacker releases the victim's head and falls to the side, pushing the victim's body up so it remains horizontal to the mat so they land on their back.

## Powerbomb, Arm Trap Face First

**Used by :** Jose Maximo

**AKA :**

**Description :** The attacker bends a victim over or applies a standing head scissors. The attacker grabs both the victim's arms and pulls them out through the victim's legs and grabs them with both their hands. The attacker lifts the victim up by their hands so they are sitting on the attacker's shoulders facing the opposite direction. The attacker pulls the victim's hands out and sits down, forcing the victim to fall face first to the mat.

## Powerbomb, Belly to Back

**Used by :** Jun Akiyama, Tomoko Watanabe, Lash LeRoux, Chris Chetti, Val Venis

**AKA :** Blue Thunder (Akiyama), Screw Driver (Watanabe)

**Description :** The attacker is standing behind the victim, the attacker's head is under one of the victim's arms. The attacker lifts the victim up so they are on the attacker's shoulder. As the victim is lifted up, the attacker pulls the victim's legs across the front of their body, pushing the victim's head out in front of the attacker's body. The attacker drops the victim to the mat on their back.

## Powerbomb, Canadian Back Breaker Rack

**Used by :** Atsushi Onita, Great Sasuke

**AKA :** Thunder Fire Powerbomb

**Description :** The victim is lifted up over the attacker's shoulder so the victim is facing upwards and their back is held over the shoulder of the attacker. The attacker locks their arms around the victim's torso. The attacker drops down to their knee/knees and drops the victim down to the mat back first.

## Powerbomb, Crossed Arms

**Used by :** TAKA Michinoku, Yumiko Hotta, Super Crazy

**AKA :** Pyramid Driver

**Description :** The attacker applies a standing headscissors on the victim. The victims arms are crossed under their chest, the attacker lifts the victim up so they are horizontal to the mat. The attacker sits down and drops the victim back first to the mat while still holding their arms.

## Powerbomb, Crossed Arms Canadian Back Breaker Rack

**Used by :** Atsushi Onita

**AKA :** Crossed Arms Thunder Fire Powerbomb

**Description :** The attacker applies a standing headscissors on the victim. The victims arms are crossed under their chest, the attacker lifts the are held over the attacker's shoulder, with the attacker still holding the victim's arms. The attacker drops down to their knee/knees and drops the victim down to the mat back first while still holding the victim's arms.

## Powerbomb, Crucifix

**Used by :** Scott Hall, Konan, Black Tiger, Kyoko Inoue, Dynamite Kansai

**AKA :** The Razor's/Outsider Edge (Hall), BT Bomb (Black Tiger), Niagra Driver (Inoue), Splash Mountain (Kansai)

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are over the attacker's shoulder. From there, the attacker places both their arms under the arms of the victim and extends their arms out as far as they can. From there, the attacker then drops the victim down back first to the mat.

**Variations :**

- Super Crucifix Powerbomb (Super Splash Mountain/Diehard Kansai - Kansai, Super BT Bomb -Black Tiger)
- Running Crucifix Powerbomb (Kyoko Inoue)

## Powerbomb, Face First

**Used by :** Kanyon, Shima Nobunaga

**AKA :**

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are over the attacker's shoulder. The attacker puts one arm on the chest of the victim and flips them over so they land face first on the mat.

## Powerbomb, Fireman's Carry Face First

**Used by :** Mikey Whipwreck

**AKA :** Unholy Driver (Whipwreck)

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's

shoulders (a standing fireman's carry). The attacker releases the victim's head and swings their body around while holding one of the victim's legs. The victim's body is swung around so they are in front of the attacker's body facing towards the mat. The attacker holds both the victim's legs and drops down, driving the victim face first into the mat.

## Powerbomb, Gutwrench

**Used by :** Dr. Death Steve Williams, Terry Taylor, Gran Naniwa, Akira Hokuto

**AKA :** Doctor Bomb (Williams), Dangerous Queen Bomb (Hokuto)

**Description :** The attacker is standing facing the victim. The attacker reaches around one side of the victim's body and locks their arms around the victim in a waistlock. The attacker lifts the victim off the mat until they are upside down. The attacker shifts the victim's body in front of theirs and sits down, dropping the victim to the mat back first.

**Variations :**

- Super Gutwrench Powerbomb (Masayoshi Motegi)

## Powerbomb, Low Blow

**Used by :** Super Nova

**AKA :** Sledge-o-matic (Nova)

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are over the attacker's shoulder or sitting on the attacker's shoulders facing the opposite direction. The attacker then drops the victim down back first to the mat and as the victim is falling, the attacker turns sideways and drops an elbow onto the victim's groin/lower abdominal area.

## Powerbomb, Overhead Face First

**Used by :** Leif Cassidy/Al Snow, Devil Masami, Tori

**AKA :**

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are sitting on the attacker's shoulders facing the opposite direction. The attacker falls backwards so the victim lands face/chest first on the mat.

## Powerbomb, Reverse Crossed Arm

**Used by :** Manami Toyota

**AKA :** Japanese Ocean Bomb (Toyota)

**Description :** The attacker stands face to face with the victim. The attacker forces the victim's arms behind their back and crosses them, holding them with their hands. The attacker bends down and puts their head between the victim's legs and lifts the victim up off the ground. The attacker throws the victim forward so they land on their back. The attacker can hold the victim's arms and push the victim down so their shoulders are held to the canvas for the pin.

## Powerbomb, Reverse Crossed Arm Crucifix

**Used by :** CIMA

**AKA :**

**Description :** The victim is sitting on the top rope, the attacker is standing on the mat. The attacker grabs the victim's hands cross them, so the attacker has their back to the victim, the victim's arms are crossed and the attacker is holding them over their head. From their, the attacker pulls the victim over so they are flipped over the victim's head in front of their body so they land back first on the mat.

## Powerbomb, Reverse Crucifix

**Used by :** "Lightning" Mike Quackenbush, Shima Nobunaga, Edge, Vic Grimes

**AKA :** Iconoclasm (Nobunaga), Quakendriven (Quackenbush), Hi-jack Powerbomb

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulder. The attacker places their hands under the victim's arms and extends their arms, so the victim is held in the air. The attacker flips the victim forward so they land on their upperback/back of their neck. This can be set up with the victim sitting on the top turnbuckle and lifting them from there.

**Variations :**

- Super Reverse Crucifix Powerbomb (Shima Nobunaga)

## Powerbomb, Reverse Crucifix Face First

**Used by :** Dynamite Kansai

**AKA :**

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulder. The attacker places their hands under the victim's arms and extends their arms, so the victim is held in the air. The attacker pushes the victim forward and release the victim's arms, dropping them face first to the mat.

## Powerbomb, Side Shoulder Mount

**Used by :** Combat Toyota

**AKA :** Combat Driver (Toyota)

**Description :** The attacker stands behind the opponent. The attacker bends down and reaches through the victim's legs with one of their arms. The attacker stands up so the victim is staddled across the attacker's shoulder. The attacker may grab one of the victim's arms with their free hand to steady them. The attacker twists their body to one side and bends down with their free arm, dropping the victim down in front on the attacker's body on their back.

**Variations :**

- Super Side Shoulder Mount Powerbomb (CT Scanner(?) - Combat Toyota)

## Powerbomb, Single Leg

**Used by :** Kensuke Sasaki

**AKA :**

**Description :** The attacker is facing the victim. The attacker bends down and wraps one of their arms around the victim's leg so that the victim's leg is up on the attacker shoulder and the attacker's arm in holding the leg there by trapping the leg around the victim's hip. The attacker uses their other arm to grab the back of the victim's tights. The attacker stands up and lifts the victim up off the mat, using the grip on the tights to help them lift them and to steady them until the attacker is standing up and the victim is sitting on the attacker's shoulder facing the opposite direction of the attacker. The attacker then slams the victim down to the mat so they land back first in front of the attacker's body.

## Powerbomb, Shoulder Mount Face First

**Used by :** Mortis/Kanyon, Edge

**AKA :**

**Description :** The attacker stands behind the victim and sticks their head between the victim's legs. The attacker stands up so the victim is sitting on their shoulders. The attacker pulls the victim forward and sits down, dropping the victim down face first into the canvas.

**Variations :**

- Running Shoulder Mount Face First Powerbomb (Scream Machine - Super Nova)

## Powerbomb, Stretch

**Used by :** Kenta Kobashi, Mohammed Yone

**AKA :** Pumphandle Powerbomb

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up as positions them in front of their body. The attacker sits down and drops the victim to the mat back first.

## Powerbomb, Stretch Face First

**Used by :** Xavier

**AKA :**

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up and flips them upside down. The attacker positions the victim in front of their body and sits down, dropping the victim down face first onto the mat.

## Powerbomb, Suplex

**Used by :** Kenta Kobashi

**AKA :** Orange Crush/Orange Bomb

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's tights and lifts them straight up in the air so they are upside down. The attacker pushes the victim's body in front of theirs and sits down, dropping the victim to the mat back first.



## Powerbomb, Tilt-a-Whirl

**Used by :** Chigusa Nagoya

**AKA :** Super Freak (Nagoya)

**Description :** The attacker stands facing the victim. The attacker bends the victim down so they are bent facing in front on the attacker's body. The attacker reaches around the the victim's body with their arms and lifts them up, spinning the victim in front of the attacker's body until the victim ends up sitting on the attacker's shoulders, facing away from them. The attacker then pushes the victim down forward, dropping them on their back.

## Powerbomb, Underhook

**Used by :** Dean Malenko, Ahmed Johnson, Tiger Mask (Misawa), Scott Steiner

**AKA :** Tiger Driver, Pearl River Plunge (Johnson)

**Description :** The attacker bends the victim down and hooks both the victim's arms. The attacker lifts the victim up and releases the victim's arms when the victim's back is parallel to the mat. The attacker either lets the victim fall to the mat or sits down with the victim.

## Powerbomb, Underhook Over the Shoulder

**Used by :** Tomoko Watanabe

**AKA :** Hell Smasher (Watanabe)

**Description :** The attacker bends the victim down and hooks both the victim's arms. The attacker lifts the victim up so they end up laying across the attacker's shoulder. The attacker sits down and drops the victim on their upper back area.

## Powerbomb, Underhook Over the Shoulder Face First

**Used by :** Mikey Whipwreck

**AKA :**

**Description :** The attacker bends the victim down and hooks both the victim's arms. The attacker lifts the victim up so they end up laying across the attacker's shoulder. The attacker pulls the victim down off their shoulder, keeping their arms locked and flipping them so they are facing down. The attacker then slams them face first into the mat.

## Powerbomb, Wheelbarrow Face First

**Used by :** Vader, Henry Godwinn

**AKA :** Face Eraser (Vader)

**Description :** The victim is face down on the mat, the attacker stands between their legs and waistlocks them from behind. The attacker lifts the victim up and then then drives the victim down face and chest first into the mat.

**Variations :**

- Slingshot Wheelbarrow Face First Powerbomb (SUWA)

## Powerslam

**Used by :** Rick Steiner, Junk Yard Dog

**AKA :** Thump (JYD)

**Description :** The attacker lifts the victim up in the air and slams them to the mat and the victim falls with all their weight on top of the victim as well.

**Variations :**

- Running Powerslam (Davey Boy Smith, Oklahoma Stampede - Steve Williams)
- Super Powerslam (Dynamite Kid, Rick Steiner)
- Standing On the Top Rope Powerslam (Koji Kanemoto)

## Powerslam, Hip Toss

**Used by :** Jammin' Mitch Snow

**AKA :** The Jam Slam (Snow)

**Description :** The attacker hip tosses the victim over, the victim is over the attacker's hip, the attacker falls down on top of the victim, pinning them to the mat.

## Powerslam, Inverted

**Used by :** Farooq, Axl Rotten, Mike Enos

**AKA :** The Dominator (Farooq)

**Description :** The victim is lifted up over the attacker's shoulder so the victim is facing upwards and their back is held over the shoulder of the attacker. The attacker holds onto the victim's torso and falls forward, dropping the victim face/chest first to the mat.

## Powerslam, Overhead Press

**Used by :** Goldberg

**AKA :**

**Description :** The attacker lifts the victim up in their air up over their head. The attacker turns the victim slightly and drops them across one of their shoulder's with their head facing the front of the attacker's body. The attacker falls forward and slams them into the canvas landing on top of him.

## Powerslam, Suplex

**Used by :** Bill Goldberg, Lance Storm

**AKA :** Jackhammer (Goldberg), Powerplex (Storm)

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's tights and lifts them straight up in the air so they are upside down. The attacker falls back and moves their body so they are chest to chest with the victim and lands on top of the victim when they fall back first to the canvas.

## Powerslam, Stretch

**Used by :** Wrath, Mark Canterbury, Bob Holly, Test

**AKA :** Pumphandle Powerslam, Meltdown (Wrath)

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up so the victim is over their shoulder, from there, the attacker drives the victim to the mat back first and lands on top of them.

## Powerslam, Tilt-a-Whirl

**Used by :** Duke Droese, Diamond Dallas Page

**AKA :** Trash Compactor (Droese)

**Description :** The attacker lifts the victim up and spins them around in front of their body until the attacker holds the victim over their shoulder. From there, the attacker falls forward and slams the victim to the mat while landing on top of them.

## Punch

**Used by :** Ronnie Garvin, Johnny B. Badd

**AKA :** The Hands of Stone (Garvin), Tutti Fruitti (Badd)

**Description :** The attacker strikes the victim with their fist.

**Variations :**

- Springboard Punch (Hayabusa, Rey Misterio Jr.)

## Punch, Flap Jack

**Used by :** Tony Halme

**AKA :**

**Description :** The attacker lifts the victim up in the air as if for a back drop but instead of tossing them over, the attacker pushes them up in the air when the victim is horizontal. As the victim falls to the mat, the attacker punches them in the stomach.

## Punch, Spinning

**Used by :** "Texas Tornado" Kerry Von Erich

**AKA :** Discus Punch/Tornado Punch (Texas Tornado)

**Description :** The attacker performs a 360 degree turn similar to a discus motion and hits the victim in the head with their fist.

## Rana

**Used by :** Rey Misterio Jr., Scott Steiner

**AKA :** Hurricanrana, Frankensteiner, Scissors Piledriver, Hurricarana

**Description :** The attacker leaps at the victim and locks both of their legs around the victim's head/neck. The attacker falls backwards and flips the victim over.

**Variations :**

- Apron Dive Rana (Rey Misterio Jr.)

- Springboard Rana (Rey Misterio Jr.)
- Off the Top Rope Rana (Mikey Whipwreck, Jushin Lyger)
- Off the Top Rope Somersault Rana (Dragon Rana/Dragon Rey - Dragon Kid, Rey Misterio Jr.)
- Rana Suicida (Sabu)
- Super Rana (Rey Misterio Jr., Sabu)
- Standing On the Top Rope Rana (Jericho Spike - Chris Jericho)

## Rana, Reverse

**Used by :** Rising Son

**AKA :** Reverse Hurrica(n)rana

**Description :** The attacker jumps onto the back of the victim's shoulder. The attacker falls backwards while wrapping their legs around the victim's head. The attacker flips the victim over backwards on the mat driving their head into the mat.

**Variations :**

- Super Reverse Rana (Rey Misterio Jr., Koji Kanemoto)

## Rana, Shoulder Spin

**Used by :** Rey Misterio Jr., Super Delfin

**AKA :** Misterio Rana

**Description :** The attacker jumps onto the victim's shoulders facing the same direction as they are. From there, the attacker spins their body so are now facing the opposite direction as the victim, they then fall backwards with their upper body and scissor lock the victim's head and neck and snap them over.

**Variations :**

- Handspring Shoulder Spin Rana (Rey Misterio Jr.)
- Super Shoulder Spin Rana (Ultimo Dragon)

## Ring Rope Clothesline, Leg Drop

**Used by :** Cactus Jack, Hack Myers

**AKA :**

**Description :** The victim is placed throat first on the ring ropes. The attacker stands on the opposite side of the ropes than the victim's body. The attacker usually gets a running start and jumps, dropping the back of their leg across the victim's neck or head, driving their throat into the ring ropes.

## Ring Rope Clothesline, Slingshot Catapult

**Used by :** Tully Blanchard

**AKA :**

**Description :** The victim is on their back, the attacker grabs the victim by their legs and hooks both feet with their arms. The attacker positions the victim so their neck is under the bottom rope. The attacker falls backwards, driving the victim's throat into the bottom rope.

## Ring Rope Clothesline, Snap

**Used by :**

**AKA :**

**Description :** The victim is held throat first on the top rope, the attacker is usually on the outside of the ring. The attacker grabs the victim's head and drops down, usually off the apron, snapping the victim's head back. This can also be done with the victim on the apron and the attacker in ring.

**NOTE :** Randy Savage did a version of this move where he would jump from in ring over the opponent, and grab their head on the way down, snapping them over.

**Variations :**

- Super Snap Ring Rode Clothesline (Tetsuhiro Kuroda)

## Ring Rope Clothesline, Swinging Snap

**Used by :** Sangre Azteca

**AKA :**

**Description :** The attacker sits on the top turnbuckle and grabs the victim's head, applying a front facelock. From there, the attacker jumps off the buckles, swings around the victim's body in approximately a 270 degree turn. The attacker's body goes over the ring ropes and then drops down, driving the victim's throat first into the top rope.

## Ring Rope Clothesline, 3/4 Face Lock Snap

**Used by :** Johnny Ace, Jeff Jarrett

**AKA :**

**Description :** The attacker stands on the apron, the victim is in the ring. The attacker reaches into the ring and applies 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head as the attacker has their back to the victim). The attacker drops down, either sitting down on the apron or jumping down to the floor, driving the victim's throat into the ring ropes and then snapping it back. This can also be done with the victim on the apron and the attacker in ring.

## Ring Rope Clothesline, Vertical Splash

**Used by :** "Big Boss Man" Bubba Rogers, Iron Sheik, Jeff Jarrett

**AKA :** Rocking Horse

**Description :** The victim is placed throat first on the ring ropes. The attacker usually gets a running start

and jumps on the back of the victim's neck or their shoulder region, driving the victim's throat into the ring ropes.

## Ring Rope Clothesline Drop

**Used by :** Eddie Gilbert, Steve Austin, New Jack

**AKA :** The Hot Shot (Gilbert), The Stun Gun (Austin)

**Description :** Two ways of applying the hold, both consist of catching the victim as if for a belly to belly suplex or spinebuster, victim is lifted off their feet, attacker falls backwards and drops the victim throat first across to top rope. Usually this is done by falling directly backwards onto the ring ropes, however you can also do this with a twist (ie. the victim is back to the ropes).

## Ring Rope Clothesline Drop, Body Slam

**Used by :** Akira Taue

**AKA :** Guillotine Whip

**Description :** The attacker lifts the victim up as if they were going to body slam them, but instead, the attacker drops the victim throat first across the top rope.

## Ring Rope Clothesline Drop, Drop Toe Hold

**Used by :** Glacier, Erik Watts

**AKA :**

**Description :** The attacker drops down to the mat hooking the leg (or legs) of the victim with one foot in front of the victim's ankle and then trips the victim so they land throat first on the ring ropes by pushing with their other leg on the back of the victim's legs.

## Ring Rope Clothesline Drop, Overhead Face First Powerbomb

**Used by :** "Lightning" Mike Quackenbush, Jun Akiyama

**AKA :** Guillotine Powerbomb (Quackenbush)

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are sitting on the attacker's shoulders facing the opposite direction. The attacker falls backwards so the victim lands throat first across the top rope.

## Ring Rope Clothesline Drop, Press Slam

**Used by :**

**AKA :**

**Description :** The attacker lifts the victim up over their head. The drops the victim throat first across the top rope.

## Ring Rope Clothesline Drop, Slingshot Catapult

**Used by :** Judo Suwa

**AKA :**

**Description :** The victim is on their back, the attacker grabs the victim by their legs and hooks both feet

with their arms. The attacker falls backwards, pulling the victim off the mat and shooting them over the attacker's body, causing them to fall forward and land throat first on the ring ropes.

## Ring Rope Clothesline Drop, Tilt-a-whirl

**Used by :** Mikey Whipwreck

**AKA :**

**Description :** The attacker faces the victim. The attacker quickly scoops up the victim and spins them around vertically. As the victim is in the air, the attacker drops them in a body slam position throat first across the top rope.

## Rolling Step-Over Toe Hold Throw

**Used by :** Yoshiko Tamura

**AKA :**

**Description :** The victim is on their back. The attacker applies a step over toe hold (the attacker holds on of the victim's legs and steps between the victim's legs and puts their foot to one side of the victim's hip and bend the victim's leg so their shin lies across the attacker's thigh.) The attacker leans down and hooks the victim's head neck with their arm. The attacker performs a forward roll and shoots the victim off so they land on their back.

## Rope Choke

**Used by :**

**AKA :**

**Description :** The attacker puts the victim throat first across and chokes them in some manner.

## Rope Rake

**Used by :** Arn Anderson, Norio Honaga

**AKA :**

**Description :** The attacker pushes the victim's face onto the ring ropes and drags their head across them, giving them a rope burn.

## School Boy Trip

**Used by :**

**AKA :**

**Description :** The attacker kneels down on their hands and knees behind the victim's leg, such that if the victim backs up or is pushed backwards, they trip over the attacker's body.

## Senton

**Used by :** Dick Togo, Hiro Saito, Silver King

**AKA :**

**Description :** The attacker jumps over the victim and lands back first on them. This is a common move in

lucha libre.

**Variations :**

- Apron Dive Senton (Psicosis, Halloween)
- Somersault Senton (Spellbinder)
- Catapult Somersault Senton (Eddy Guerrero)
- Catapult Somersault Senton Suicida (Super Calo, Super Astro)
- Off the Second Rope Somersault Senton With Twist (Koji Kanemoto, Mikey Whipwreck)
- Off the Top Rope Senton (Senton Bomb - Dick Togo, Silver King, Kaz Hayashi)
- Off the Top Rope Moonsault Senton (Great Sasuke)
- Off the Top Rope Somersault Senton (Drive By - Rocco Rock, Cannonball - Jean-Pierre LaFitte)
- Off the Top Rope Somersault Senton With Twist (Psicosis, Phoenix Senton - Hayabusa)
- Springboard Somersault Senton (Antifaz del Norte)

## Shoulder Breaker

**Used by :** Rocky Maivia, Gino Hernandez

**AKA :**

**Description :** The attacker lifts up the victim as if for a bodyslam, the attacker kneels down and inverts the victim, dropping the victim shoulder first on their knee.

## Shoulder Breaker, Canadian Back Breaker Rack

**Used by :** Scott Norton, The Big Boss Man, Goodfather/Papa Shango

**AKA :** Flashback (Norton)

**Description :** The victim is lifted up over the attacker's shoulder so the victim is facing upwards and their back is held over the shoulder of the attacker, the attacker locks their arms around the victim's torso. The attacker drops the victim down so they are facing away from the attacker's body and drives the victim's shoulder into one of the attacker's knees.

## Shoulder Breaker, Leg

**Used by :** Prince Albert

**AKA :**

**Description :** The attacker holds one of the victim's arms and stands to their side. The victim is bent forward and the attacker places one leg over the back of the victim's shoulder/arm as they are facing the same direction. The attacker jumps up, using their weight to drive the victim shoulder first into the mat.

## Shoulder Tackle

**Used by :**

**AKA :** Football Tackle, Shoulder Block

**Description :** The attacker runs at the victim and hits them with their shoulder.

**Variations :**



- Catapult Shoulder Tackle (Slingshot Shoulder Tackle - Pitbull #1)
- Off the Top Rope Shoulder Tackle (The Patriot Missile - The Patriot)
- Flying Shoulder Tackle (Road Warrior Animal, The Ultimate Warrior)
- Springboard Shoulder Tackle (High Voltage)

## Should Tackle, Front Leg

**Used by :** Steve McMichael, Steve Williams

**AKA :** Chop Block

**Description :** The attacker runs at the victim. The attacker ducks down low and takes out the front of the victim's legs with their shoulder.

## Shoulder Tackle, Short Arm

**Used by :** Scott Hall, Diamond Dallas Page

**AKA :**

**Description :** The attacker grabs one of the victim's arms. The attacker pulls the victim towards them and drives their shoulder into the victim's shoulder.

## Single Leg Shoulder Throw

**Used by :** Tarzan Boy

**AKA :**

**Description :** The attacker grabs the victim's leg and places it over their shoulder with their back to the victim. The attacker pulls down on the victim's leg and bends down, shooting the victim over their body so they land face first on the mat.

## Slam, Argentine Back Breaker Rack

**Used by :** Kyoko Inoue

**AKA :**

**Description :** The attacker lifts the victim up so they are laying across the victim's shoulders on their back. The attacker shoves the victim over their head so they are dropped in front of the attacker on their back.

## Slam, Back Drop Fallaway

**Used by :** Hiroyoshi Tenzan, Manabu Nakanashi, Dan Severen, Aja Kong

**AKA :** Mountain Bomb (Tenzan)

**Description :** The attacker catches the victim as if they are going to execute a back body drop. As the attacker lifts the victim over, the attacker hooks the victim's legs and falls backwards, the victim lands back first on the mat with the attacker landing back first on top of them.

**Variations :**

- Super Back Drop Fallaway Slam (Aja Kong)

## Slam, Body

**Used by :**

**AKA :**

**Description :** The attacker faces the victim. The attacker grabs through the victim's legs and picks the victim up and slams them down on their back.

## Slam, Choke

**Used by :** 911, The Giant, Dirty White Boy, Undertaker

**AKA :** Bucksnot Blaster (DWB), Nodowa Drop

**Description :** The attacker grabs the victim by the throat. The attacker lifts the victim up in air and then slams them down to the mat on their back.

**Variations :**

- Super Chokeslam (Akira Taue)
- Pinning Chokeslam (Miracle Ecstasy - Men's Teioh)

## Slam, Double Choke

**Used by :** Reese, Big Dick Dudley, Prince Albert

**AKA :** Full Penetration (Dudley), Albert Bomb/Baldo Bomb (Albert)

**Description :** The attacker grabs the victim by the throat with both hands in a double choke. The attacker lifts the victim off the ground by their neck. The attacker then throws the victim down, slamming them on their back.

## Slam, Cobra Clutch

**Used by :** Van Hammer

**AKA :**

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck. The attacker uses their free arm to reach across the victim's body and grab the victim's arm which is on the the same side as the arm the attacker is apply the half nelson. The attacker pulls the victim's arm across their face and locks their hands around the victim's neck. The attacker lifts the victim up in the air, when the victim reaches the apex, the attacker shoves them down, dropping them on their back/back of their head.

## Slam, Double Leg

**Used by :** Konnan, Van Hammer

**AKA :** Flashback (Hammer)

**Description :** The attacker stands face to face with the victim. The attacker lifts the victim up so they are over the attacker's shoulder. The attack grabs both the victim's legs and pulls the victim over and slams them down on their back.

## Slam, Face First Argentine Back Breaker Rack

**Used by :** Miss Mongol

**AKA :**

**Description :** The attacker lifts the victim up so they are laying across the attacker's shoulders. The attacker hooks the victim's head and legs. The attacker falls forward and throws the victim off so they land face/stomach first into the mat.

## Slam, Face First Body

**Used by :** Venom

**AKA :**

**Description :** The attacker stands behind the victim, reaches between their legs and lifts up the victim as if for a body slam and slams them down on their face/chest.

## Slam, Face First Side

**Used by :**

**AKA :**

**Description :** The attacker reaches around the victim's torso and locks their hands. The attacker lifts the victim up so they are facing downward and horizontal to the mat. The attacker falls to the mat, dropping the victim face first on the canvas.

## Slam, Face First Stretch

**Used by :** Mikiko Futagami

**AKA :** X Tornado (Futagami), Face First Pumphandle Slam

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up until they are about the level of the attacker's chest, the attacker starts falling to the same side as the victim's head. The attacker then throws the victim to the side, flipping them over so they land face first on the mat.

## Slam, Fallaway

**Used by :** The Wild Samoans, Cpl. Kirshner, Tatanka

**AKA :** The Samoan Drop (Samoans), Airborne Slam (Kirshner), End of the Trail (Tatanka)

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulders (a standing fireman's carry). The attacker falls backwards so that they land with their upper body on top of the victim who lands back first to the mat.

**Variations :**

- Super Fallaway Slam (Scott Steiner, Flatliner - Mortis)

## Slam, Forward Rolling Fallaway

**Used by :** Steven Regal, Max Moon, Fit Finlay

**AKA :** The Regal Roll (Regal), The Steamroller

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulders (a standing fireman's carry). The attacker leans forward and slams the victim down and then rolls over them with their weight.

**Variations :**

- Running Forward Rolling Fallaway Slam (Kamakazi - Ricky Fuji)
- Super Forward Rolling Fallaway Slam (Sonoko Kato)

## Slam, Fireman's Carry Front

**Used by :** Essa Rios

**AKA :**

**Description :** The attacker lifts the victim up so they are laying stomach first across the attacker's shoulders (a standing fireman's carry). The attacker bends their head down and throws the victim forward off their shoulder's so they land back first on the mat.

## Slam, Full Nelson

**Used by :** The Patriot, Salvatore Sincere, Men's Teioh

**AKA :** Sincerely Yours (Sincere), Uncle Slam (Patriot)

**Description :** >The attacker stands behind the victim. The attacker places both their arms under the victim's arms and locks them behind the victim's neck. The attacker lifts the victim in the air. Once they reach the apex, the attacker pushes down and releases the hold, dropping the victim down on their back/back of their head.

## Slam, Full Nelson Face First

**Used by :** HC Loc

**AKA :**

**Description :** >The attacker stands behind the victim. The attacker places both their arms under the victim's arms and locks them behind the victim's neck. The attacker lifts the victim in the air. Once they reach the apex, the attacker pushes down forward and drives the victim down face first into the mat.

## Slam, Gory Lock Face First

**Used by :** Chavo Guerrero Jr.

**AKA :**

**Description :** The attacker applies the Gory Lock Back To Back Back Breaker Rack, the attacker lifts the victim up over their shoulder so that the victim is across their back and their upper back is across the attacker's shoulder. The attacker tucks the victim's legs around the attacker's hips. From there the attacker either hooks the victim's arms or applies an chinlock on the victim. The attacker releases their grip on the attacker's upper body and grabs the victim's legs. The attacker sits down and drops the victim face first into the mat

## Slam, Hair Pull

**Used by :**

**AKA :**

**Description :** The attacker stands behind a sitting or on their back victim. The attacker grabs the victim's hair with both hands, the attacker lifts the victim up and then slams them down on the back of their head by their hair.

## Slam, Hammerlock Body

**Used by :** The Andersons, Perry Saturn

**AKA :**

**Description :** The attacker applies a hammerlock on the victim while facing them. The attacker holds the victim's arm in place, scoops them up and bodyslams the victim on the arm trapped behind their back.

## Slam, Press

**Used by :** Ultimate Warrior, Butch Reed

**AKA :** Gorilla Slam

**Description :** The attacker lifts the victim up over their head. The attacker can either slam the victim down on their back or drop them on their stomach.

**Variations :**

- Standing on the Top Rope Press Slam (Chris Jericho)

## Slam, Press Spinebuster

**Used by :** Evan Karegias

**AKA :**

**Description :** The attacker lifts the victim up over their head. The attacker drops the victim at an angle catching them with their stomach across their shoulders with their head hanging over the victim's back. The attacker pivots and slams the victim down back first into the mat.

## Slam, Reverse Fallaway

**Used by :** Berzerker, Vader, Roadblock

**AKA :** Dead End Drop (Roadblock)

**Description :** The attacker lifts the victim up so that the victim is chest to chest with the attacker at a 90 degree angle. The attacker falls forward and slams the victim to the canvas.

## Slam, Reverse Full Nelson

**Used by :** Pete Gas

**AKA :** Gas Mask (Gas)

**Description :** The attacker stands face to face with the victim. The attacker reaches under the victim's arms and locks his hands on the victim's face/forehead. The attacker lifts the victim up and pushes the victim backwards and release the hold, slamming them back first on the mat.

## Slam, Side

**Used by :** Dino Bravo, Kevin Nash, Kurrigan

**AKA :** Side Suplex (Bravo)

**Description :** The attacker reaches around the victim's torso and locks their hands. The attacker lifts the victim up so they are facing upwards and horizontal to the mat. The attacker falls to the mat, dropping the victim back first on the canvas.

**Variations :**

- Super Side Slam (Christopher Daniels)

## Slam, Sidewalk

**Used by :** Ron Simmons, Big Bubba/Bossman, Mr. Hughes, The Rock

**AKA :** Seminole Slam (Simmons), Bossman Slam (Bossman), Bubba Slam (Bubba), Rock Bottom (Rock)

**Description :** The attacker is facing the victim. The attacker catches the victim across their chest so the attacker is standing to the side of the victim with their one arm across their chest and under the victim's arms. The attacker lifts the victim up and falls forward, driving the victim back first to the mat. This can be done as a counter to a charging attacker.

## Slam, Spine Bomb

**Used by :** D-Lo Brown, Satoshi Kojima, Billy Kidman

**AKA :** Rydeen Bomb (Kojima), Sky High (Brown)

**Description :** The attacker stands face to face with the victim. The attacker lifts the victim in the air via a waistlock or by pushing them up from under their arms. The attacker sits down and pushes the victim forward so they land back first on the mat.

**Variations :**

- Super Spine Bomb Slam ("Bombastic" Bob Holly, Billy Kidman)

## Slam, Spinebuster

**Used by :** Arn Anderson, Ahmed Johnson, Louie Spicolli

**AKA :**

**Description :** The attacker grabs the victim in a belly to belly waistlock, lifts the victim up and pivots 180 degrees, driving the victim into the mat back first.

## Slam, Stretch

**Used by :** Jesse James Armstrong, Scott Steiner, Justin Bradshaw

Jerry Sags

**AKA :** The Chartbuster (Jesse Jammes), Pumphandle Slam

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up and slams the victim down on their back.

## Slam, Tilt-a-Whirl

**Used by :** Scott Steiner

**AKA :**

**Description :** The attacker stands facing the victim. The attacker bends the victim down so they are bent facing in front on the attacker's body. The attacker reaches around the the victim's body with their arms and lifts them up, spinning the victim in front of the attacker's body and dropping the back first to the mat.

## Slam, Tilt-a-Whirl Face First

**Used by :** Glacier, Yumiko Hotta

**AKA :**

**Description :** The attacker stands facing the victim. The attacker reaches around the victim and lifts them up so they are at first horizontal to the mat and facing upwards. The attacker continues to spin the victim in front of their body and slams them face/chest first to the canvas. The initial lift is similiar to that of a side slam and once the victim is lifted up, you flip them over.

## Slingshot Catapult

**Used by :**

**AKA :**

**Description :** The victim is on their back, the attacker grabs the victim by their legs and hooks both feet with their arms. The attacker falls backwards, pulling the victim off the mat and shooting them over the attacker's body. Often done into an object, however, can be done to shoot the victim across the ring so they land chest/face first on the mat.

## Snap Mare

**Used by :**

**AKA :**

**Description :** The attacker applies a cravatte (a 3/4 nelson attacker has one arm under the victim's shoulder and locks their hands together behind the victim's neck) or a 3/4 face lock (basically, the victim's head on the attacker's shoulder with the attacker forming a headlock around the top of their head) and has their back to the victim. The attacker kneels down and snaps the victim over their shoulder so the victim lands back first on the mat.

## Somersault Body Attack

**Used by :**

**AKA :** Rolling Senton

**Description :** The attacker jumps at the victim, performs a forward flip so they hit the victim back first.

**Variations :**

- Apron Dive Somersault Body Attack (Jushin Lyger)
- Corner Somersault Body Attack (Sandman)
- Somersault Body Attack Suicida (Tope Con Hilo - Jushin Lyger, Super Calo, Rocco Rock)

- Handspring Somersault Body Attack Suicida (Sasuke Special - Great Sasuke)
- Off the Top Rope Somersault Body Attack (Doc Dean, Mayumi Ozaki)
- Off the Top Rope Somersault Body Attack with Twist (La Parka, Dick Togo)
- Off the Top Rope Somersault Body Attack Suicida (Lightning Kid, Akira Hokuto)
- Off the Top Rope Somersault Body Attack Suicida with Twist (Psicosis)
- Springboard Somersault Body Attack
- Springboard Somersault Body Attack Suicida (Manami Toyota, Onryo)

## Splash

**Used by :** Ultimate Warrior, King Kong Bundy

**AKA :**

**Description :** The attacker jumps and lands stomach first on the victim.

**Variations :**

- Apron Dive Shooting Star Splash (Billy Kidman)
- Catapult Splash (Slingshot Splash - Rick Martel, Bam Bam Bigelow)
- Catapult Corkscrew Splash (Antifaz)
- Catapult Somersault Splash (2 Cold Scorpio)
- Catapult Springboard Splash (Super Crazy)
- Corkscrew Moonsault Splash (Blitzkreig)
- Handspring Splash (Hakushi, John Kronus)
- Moonsault Splash (Hayabusa, Rob Van Dam, Sabu, Rey Misterio Jr)
- Off the Second Rope Splash (Vader Bomb/Big Van Crush - Vader, Hakushi)
- Off the Top Rope Splash (Superfly Jimmy Snuka)
- Off the Top Rope Corkscrew Splash (Evan Karegias)
- Off the Top Rope Moonsault Splash (The Great Muta, No Laughing Matter - Hugh Morrus)
- Off the Top Rope Corkscrew Moonsault Splash (Sky Twister Press - Chaparrita ASARI, Super Loco/Hysteria, Cancun Tornado - Ultimo Dragon)
- Off the Top Rope Shooting Star Splash (Shooting Star Press - Jushin Lyger, Hayabusa, 7 Year Itch - Billy Kidman, Wild Thing - Marc Mero)
- Off the Top Rope Shooting Star Splash Suicida (Ultimate Dragon Bert Como)
- Off the Top Rope Somersault Splash (Firebird Splash, Diss That Don't Miss - 2 Cold Scorpio, 450 Splash - Juventud Guerrera, John Kronus)
- Off the Top Rope Somersault Splash with Twist (Star Dust Press/Phoenix Splash - Hayabusa, Blitzkreig, Dragon Kid)
- Splash Suicida (Mitsuharu Misawa)
- Shooting Star Splash (Red)
- Springboard Splash (Al Snow)
- Springboard Corkscrew Splash (Juventud Guerrera)



- Springboard Moonsault Splash (Asai Moonsault, La Quebrada, Ultimo Dragon, Lionsault - Chris Jericho)

## Splash, Vertical

**Used by :** Norman/Muckan Singh/Bastion Booger, Vader

**AKA :** The Trip to Bat Cave (Booger), Cannonball

**Description :** The attacker jumps or sits down on the chest of the victim.

**Variations :**

- Running Vertical Splash (Aftershock - Earthquake John Tenta)
- Second Rope Vertical Splash (Banzai Splash - Yokozuna)
- Top Rope Vertical Splash (Whoopie Cushion/Northern Exposure - Doink/Big Josh)
- Running Corner Vertical Splash (with homo erotic overtones) (The Bronco Buster - Syxx, Rey Misterio Jr.)
- Springboard Vertical Splash (Prince Iaukea)

## Stomp

**Used by :**

**AKA :**

**Description :** The attacker kicks the victim with the flat of their foot. Usually done to a part of the body on the mat.

**Variations :**

- Off the Top Rope Stomp (Alex Wright)
- Stomp Flurry (Garvin Stomp - Ronnie Garvin)

## Stomp, Double

**Used by :** Kevin Sullivan, Perro Aguayo

**AKA :**

**Description :** The attacker jumps with both feet onto the victim's body. Generally done to the victim's stomach.

**Variations :**

- Apron Dive Double Stomp (Kaoru Ito)
- Off the Top Rope Double Stomp (Perro Aguayo, Kaoru Ito)
- Off the Top Rope Double Stomp Suicida (Ricky Fuji, Jushin Lyger)
- Off the Top Rope Moonsault Double Stomp (Hikari Fukuoka)
- Slingshot Double Stomp (Meiko Satomura)

## Stomp, Lifting Leg

**Used by :**

**AKA :**

**Description :** The victim is on the mat on their stomach. The attacker bends the victim's leg up, holds the ankle and places one of their feet on the back of the victim's knee. The attacker lifts up the victim's leg off the ground and then drives it down with their arm and their foot, driving the victim's knee into the mat.

## Takedown, Double Leg Tackle

**Used by :** Sabu, Bill Goldberg

**AKA :** The Spear (Goldberg)

**Description :** A standard amateur wrestling takedown. The attacker dives at a standing victim and grabs both their legs, causing the victim to fall backwards to the mat.

**Variations :**

- Off the Second Rope Double Leg Tackle Takedown (Edge)

## Takedown, Fireman's Carry

**Used by :**

**AKA :**

**Description :** The attacker drops to one knee and reaches between the victim's legs, dropping the victim across their shoulders in a fireman's carry, the attacker then starts to stand up and dumps the victim over on their back.

## Takedown, Forward Rolling Leg Scissor

**Used by :** Norman Smiley, Shoichi Funaki

**AKA :**

**Description :** The attacker stands in front of the victim with their back to them. The attacker bends down and grabs the victim's leg. The attacker rolls forward and applies a scissor lock to the victim's leg. The victim falls forward and onto their stomach. This hold often sets up a reverse crucifix kneebar or a reverse ankle hold.

**Variations :**

- Super Forward Rolling Leg Scissor Takedown (Plum Mariko)

## Takedown, Front Neck Chancere

**Used by :** Tiger Mask, Toshiyo Yamada

**AKA :** Ganso (Original) Tiger Driver

**Description :** The attacker applies front face lock on the victim. The attacker then lifts the victim by their head and neck and falls back, snapping the victim over onto their back.

## Takedown, Go-behind

**Used by :**

**AKA :**

**Description :** The attacker if facing the victim, the attacker moves around the victim and applies a waistlock. The attacker then lifts the victim slightly and pushes them to the side and falls forward themselves. The victim should land on their knees/stomach with the attacker controlling them with a waistlock. A common amateur style take down.

## Takedown, Hair Pull

**Used by :**

**AKA :**

**Description :** The attacker grabs the victim by their hair and leverages them down to the mat.

## Takedown, Leg Lever

**Used by :** Elix Skipper

**AKA :** Over Drive (Skipper)

**Description :** The victim is standing but bent forward. The attacker stands to the victim's side and hooks the victim's near arm. The attacker puts the leg which is closest to the victim's arm over the back of the victim's neck and hooks it by bending their leg. The attacker pulls their leg back and pushes the victim's arm forward in the opposite direction. The victim is then spun sideways and lands flat on their back on the mat.

## Takedown, Leg Scissor

**Used by :** Kamen Shooter Super Rider

**AKA :**

**Description :** The attacker is standing side by side with the victim. The attacker steps their near leg in front of the victim and between their legs, hooking the victim's far leg (that is, right leg would hook right leg and vice versa), the attacker drops to their side and puts their free leg behind the victim's near leg. The attacker pushes out the victim's legs, causing them to fall on their back and the attacker to be on their back. The attacker has their legs tied around one of the victim's legs (the one originally near them) and can go into a crucifix kneebar.

## Takedown, Side Arm

**Used by :** Chris Benoit, Yoshiaki Fujiwara

**AKA :**

**Description :** The victim is standing, the attacker grabs the victim's arm and puts their body between the victim's arm and body. The attacker holds the arm and leans forward, putting their weight on the victim's shoulder forcing them face down to the mat. Can be used to set up a Wakigatame Armbar.

**Variations :**

- Running Side Arm Takedown (Mr. Gannosuke, Hiroyoshi Tenzan)
- Super Side Arm Takedown (Maasaki Mochizuki)

## Takedown, Side Headlock

**Used by :**

**AKA :**

**Description :** The attacker has the victim in a side headlock. The attacker turns with their upperbody and pulls the victim over their hip, causing the victim to fall to the mat and land on their back or side with the attacker still applying the side headlock.

## Takedown, Side Leg Trip

**Used by :** Taz, Masahito Kakihara, Naoya Ogawa

**AKA :** Oo-soto-gari, STO/Space Tornado Ogawa (Ogawa)

**Description :** The attacker stands face to face with the victim, slightly to one side. The attacker grabs the victim and steps behind their near leg with their one foot. The attacker pushes uses their one arm in front of the victim's chest to push the victim's upperbody backwards while the attacker uses their leg tripping/sweeping out the victim's leg by pushing it towards the attacker back. This is done in one motion, the attacker sort of leans foward and uses the reverse action of pushing the victim forward while sweeping out their leg to take them down.

## Takedown, Side Rolling Leg Scissor

**Used by :** Ken Shamrock, Norman Smiley

**AKA :**

**Description :** The attacker stands at the side of the victim. The attacker hooks their legs around on of the victim's legs and grabs the victim's head. The attacker rolls foward, forcing the victim to roll over as well. This usually leads to a crucifix kneebar.

## Takedown, Single Leg

**Used by :**

**AKA :**

**Description :** The attacker grabs one of the victim's legs and pushes forward on them forcing them to fall backwards to the mat.

## Takedown, Tights Pull

**Used by :**

**AKA :**

**Description :** The attacker grabs the victim's tights and uses them to leverage the victim down to the mat.

## Throat Strike

**Used by :** The Undertaker, Hakushi

**AKA :**

**Description :** The attacker strikes the victim in the throat with their fingers. Sometimes used in a side headlock where the attacker strikes with his thumb.

## Turnbuckle Smash

**Used by :**

**AKA :**

**Description :** The attacker rams the victim's head into the turnbuckle. Sometimes done ten times so the local yokels can prove they can count that high.

## Turnbuckle Smash, Belly to Belly Drop

**Used by :** Shane Douglas

**AKA :**

**Description :** The attacker stands face to face with the victim. The attacker waistlocks the victim, hooks the victim's legs and lifts them off the mat. The attacker falls backwards and raps the victim face first on the turnbuckles. The move is similar to the Stun Gun/Hot Shot.

## Turnbuckle Smash, Belly to Belly Suplex

**Used by :** Steve Williams

**AKA :**

**Description :** The attacker is standing behind the victim, the attacker's head is under one of the victim's arms. The attacker lifts the victim up so they are on the attacker's shoulder. The attacker falls backwards dropping the victim on the back of their head on the turnbuckles.

## Turnbuckle Smash, Body Slam

**Used by :** Kevin Nash (Vinnie Vegas)

**AKA :** Snake Eyes (Vegas)

**Description :** Attacker lifts the victim up for a body slam, but drops them face first across the top turnbuckle.

## Turnbuckle Smash, Charging Upside down from Canadian Back Breaker Rack

**Used by :** Rick Steiner, Perry Saturn

**AKA :**

**Description :** The victim is lifted up over the attacker's shoulder so the victim is facing upwards and their back is held over the shoulder of the attacker, the attacker locks their arms around the victim's torso. The attacker runs towards a corner, on the way, lowering the victim slightly so they impact face/chest first into the buckles

## Turnbuckle Smash, Drop Toe Hold

**Used by :** Tetsuhiro Kuroda, Raven

**AKA :**

**Description :** The attacker drops down to the mat hooking the leg (or legs) of the victim with one foot in front of the victim's ankle and then trips the victim face first into the turnbuckles by pushing with their other leg on the back of the victim's legs.

## Turnbuckle Smash, Flying Head Scissors

**Used by :** Lash LeRoux, CIMA

**AKA :**

**Description :** The attacker is in or near the corner with their back to the victim. The attacker grabs the top rope with both of their hands around the turnbuckle and jumps up so their body is horizontal to the mat and they land with their legs around the head of the victim. The attacker locks their legs together in a scissor lock. The attacker lets go of the top rope and falls to the mat, performing a forward roll, shooting the victim head/chest/face first into the top turnbuckle.

## Turnbuckle Smash, Lifting

**Used by :** Sumo Dandy Fuji 2000

**AKA :**

**Description :** The attacker grabs the victim by their neck. The attacker lifts the victim off the ground by their neck and slams them down face first into the top turnbuckle. Sort of like a chokeslam except the attacker drops the victim on their face and pushes them down by the back of their neck.

## Turnbuckle Smash, Overhead Face First Powerbomb

**Used by :** Jose Estrada Jr., Jun Akiyama

**AKA :**

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are sitting on the attacker's shoulders facing the opposite direction. The attacker falls backwards so the victim lands face first on the top turnbuckle. Sometimes used as a counter to a rana.

## Turnbuckle Smash, Powerbomb

**Used by :** Kenta Kobashi, Erik Watts

**AKA :**

**Description :** The attacker bends a victim over or applies a standing head scissors and grabs the victim around the waist. The attacker lifts the victim up so they are over the attacker's shoulder or sitting on the attacker's shoulders facing the opposite direction. The attacker then drops the victim on the top turnbuckle on the back of their head.

## Turnbuckle Smash, Slingshot Catapult

**Used by :**

**AKA :**

**Description :** The victim is on their back, the attacker grabs the victim by their legs and hooks both feet with their arms. The attacker falls backwards, pulling the victim off the mat and shooting them over the attacker's body so the victim crashes into the buckles or post.

## Turnbuckle Smash, Wheelbarrow Face First Powerbomb

**Used by :** Yun Yang

**AKA :**

**Description :** The victim is face down on the mat, the attacker stands between their legs and waistlocks them from behind. The attacker lifts the victim up and then then drives the victim down face first into the turnbuckles.

[95 captures](#)

13 Apr 2001 - 7 Apr 2023

JUN



2000

DEC

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2001

JUN



2003

Last Updated : 7/12/01

Submission Holds :

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## Abdominal Stretch

**Used by :** Mike Rotunda

**AKA :** Cobra Twist

**Description :** The attacker stands behind the victim. The attack reaches around the victim's body with one leg so it is around the victim's side and between their legs, hooking the leg on the same side as the attacker's leg. The attacker then has a few options on what they can do : They can lock their arms around the victim's neck and pull them upwards. They can use both their arms to push the victim's head and neck down so they are stretched across the attacker's knee. Or they can hook the victim's head or arm with one arm and grind their knuckle or elbow into the victim's floating ribs. In all cases the victim is usually bent sideways.

## Abdominal Stretch, Inverted Face Lock

**Used by :** Toshiaki Kawada, Plum Mariko

**AKA :** Stretch Plum

**Description :** The attacker stands behind the victim. The attack reaches around the victim's body with one leg so it is around the victim's side and between their legs, hooking the leg on the same side as the attacker's leg. The attacker forces the victim down into a sitting position, with the attacker's leg still positioned around the victim's body and inbetween their legs and applies an inverted face lock. From there, the attacker twists in the direction opposite their leg (if the attacker has their left leg around the victim, twist to the right).

## Abdominal Stretch w/ Abdominal Claw

**Used by :** Kerry Von Erich

**AKA :**

**Description :** The attacker stands behind the victim. The attack reaches around the victim's body with one leg so it is around the victim's side and between their legs, hooking the leg on the same side as the attacker's leg. The attacker wraps their arm which is closest to the victim's head around the victim's head or arm which is up. The attacker then uses their free hand to grab the victim's side/stomach and apply pressure. The victim should be forced to be bending slightly to the side.

## Achilles Tendon Hold

**Used by :** The Great Muta

**AKA :**

**Description :** The victim is on their back, the attacker grabs one of the legs of a victim so that their foot is in the attacker's armpit. The attacker puts his arm under the knee of the victim, sits back and applies a leg scissor lock.

## Achilles Tendon Hold, Reverse

**Used by :**

**AKA :**

**Description :** The victim is on their stomach, the attacker grabs one leg by the ankle pushing it forward so the knee is bent.

## Achilles Tendon Hold, Standing

**Used by :**

**AKA :**

**Description :** The victim is on their back, the attacker grabs one of the legs of a victim so that their foot is in the attacker's armpit. The attacker puts his arm under the knee of the victim, the attacker lifts up the victim's leg and leans back, applying pressure to the victim's foot and ankle.

## Ankle Lock

**Used by :** Repo Man

**AKA :** Crow Bar (Repo Man)

**Description :** The victim is on their back, the attacker grabs the one of the victim's legs and twists the victim's ankle. The attacker goes to the mat and applies a scissor lock to the leg.

## Ankle Lock, Reverse

**Used by :** Ken Shamrock

**AKA :**

**Description :** The victim is on their stomach, the attacker grabs one leg by the ankle pushing it forward so the knee is bent and twists at the victim's ankle.

## Ankle Lock, Standing

**Used by :** Masa Saito, Koji Kanemoto

**AKA :**



**Description :** The victim is on the mat, on their back or stomach, the attacker grabs one of the victim's legs and holds it up while twisting the victim's ankle. The attacker remains standing while applying the hold.

## Arm Scissors, Short

**Used by :**

**AKA :**

**Description :** The victim is on their back. The attacker is sitting and grabs one of the victim's arms. The attacker bends the victim's arm and reaches through with one of their own arms. The attacker places one of their legs across the wrist of the victim. The attacker pulls up with their arm while forcing the victim's wrist down with their leg, and applying pressure to the victim's arm/elbow.

## Armbar

**Used by :**

**AKA :**

**Description :** The attacker wraps their arms around one of the victim's arms in such a way that the victim's elbow is locked straight out and the attacker applies pressure to the victim's arm.

## Armbar, Belly to Belly Double

**Used by :** Al Snow, Akira Taue

**AKA :**

**Description :** The attacker stands facing the victim. The attacker traps both the victim's arms under their arms and in their arm pits. The attacker squeezes the victim's arms.

## Armbar, Bridging Double

**Used by :** Dan Kroffat

**AKA :**

**Description :** The victim is laying on their stomach on the mat, the attacker sits on their back. The attacker grabs both the victim's arm and traps them while linking their own hands. The attacker does a forward flip and does a bridge while keeping the arms locked and applies pressure.

## Armbar, Crucifix

**Used by :** Antonio Inoki, Sgt. Craig Pittman, Jerry Flynn, Kendo Ka Shin

**AKA :** Code Red (Pittman), Cross Arm Scissors, Cross Arm Breaker, Jujigatame

**Description :** The victim is on their back, the attacker applies a scissor lock on the arm with their legs and falls backwards while holding the victim's arm. The attacker applies pressure by pulling down on the victim's arm so their elbow is hyperextended across the attacker's body.

## Armbar, Rolling Crucifix

**Used by :** Yoshihiro Tajiri

**AKA :**

**Description :** The victim is laying on the mat on their back. The attacker grabs one of the victim's arms and places it between their legs. The attacker also places one of their legs so the back of their knee is against the back of the victim's neck. The attacker scissor locks their legs around the victim's arm and behind their neck/back, trying to hyperextend the victim's elbow across the attacker's body and falls to the mat. Once the attacker is laying on the mat, they start rolling so the back of their leg is forcing the victim's head forward until they are forced to roll over. The attacker keeps the arm locked and continues to roll on the mat with the armbar still applied.

## Armbar, Step Over

**Used by :** Ole Anderson, Arn Anderson, Fuerza Guerrera

**AKA :** Pumphandle Armbar

**Description :** The victim is sitting, the attacker straddles the one of the victim's shoulders and grabs thier arm. The attacker grabs their arm and pulls up, trying to hyperextend the victim's elbow across the attacker's body.

## Armbar, Wakigatame

**Used by :** Yoshiaki Fujiwara, Maxx Payne/Man Mountain Rock, Little Guido

**AKA :** Fujiwara Armbar (Fujiwara), Payne Killer (Payne), Whammy Bar (Rock)

**Description :** The victim is laying on the mat face first, the attacker is to one side of the victim with their back to their body. The attacker locks their arms around one of the victim's arms so that the victim's elbow is locked. The attacker keeps the elbow locked and applies pressure to the arm, but also pulls backwards, that is, leans back across the victim's body, and applies pressure to the victim's shoulder as well.

## Armbar and Arm Scissors

**Used by :** Perry Saturn, Steve Blackman

**AKA :** The Rings of Saturn (Saturn)

**Description :** The victim is on the mat. The attacker scissor locks one of the victim's arms with their legs and grabs the victim's other arm with their arms and pulls back on it. The victim should be laying on the mat on their side once the hold is applied.

## Armbar with Neck Submission, Crucifix

**Used by :** Kensuke Sasaki

**AKA :** Strangle Hold Beta

**Description :** The victim is face down on the mat, attacker stands over their upper back. The attacker reaches under one of the victim's arms and locks their hands together. The attacker then falls to the side opposite the arm they grabbed. The attacker will be laying on their side and the victim will be on their back, one of the attacker's legs will be under the victim's upper back and hooking their free arm. That is, the attacker's lower leg is in the free hand's arm pit and hooking the ar, with the attacker's foot. The attacker throws their other leg over the victim's trapped arm and then behind the victim's neck, pushing the victim's neck forward and driving their chin into their chest. The attacker pulls the victim's arm out straight across the attacker's torso, trying to hyper extend the victim's elbow.

## Armbar with Neck Submission, Reverse Crucifix

**Used by :** Kensuke Sasaki

**AKA :** Strangle Hold Alpha

**Description :** The victim is on their stomach. The attacker applies an scissorlock to on the victim's arms. The attacker rolls in the same direction on the victim's head, forcing the victim's body up at an angle where their neck is supporting their own body weight. At the same time, the attacker is trying to hyperextend the victim's elbow across the attacker's body.

## Armbar with Neck Submission, Step Over

**Used by :** Kensuke Sasaki, Brad Armstrong

**AKA :** Strangle Hold Gamma (Sasaki)

**Description :** The victim is on their back, the attacker grabs one of the victim's arms and puts his leg behind the victim's head so that the victim's neck is behind the attacker's knee. The victim is on his side. The attacker steps with his foot over the victim's body and pulls on the victim, the attack applies pressure to the back of the victim's neck.

## Back Breaker Hold, Bow and Arrow

**Used by :** Great Sasuke

**AKA :**

**Description :** The victim is on the mat face down. The attacker places both of their knees on the victims back and places one arm around the victim's neck and the other around one or both legs. From this position, the attacker leans backwards until they are on their back and the victim is lifted in the air. The attacker pulls on the neck and legs causing pressure to the victim's back.

## Back Breaker Hold, Cross Knee

**Used by :** Heidi Lee Morgan, Hector Guerrero, Chris Jericho

**AKA :**

**Description :** The victim is laying across the knee of the attacker as if they've been given a back breaker drop. The attacker pushes down on the victim's chest/head and their thigh so that the the victim's back is stretched across the attacker's knee.

## Back Breaker Hold, Crossed Arm Knee

**Used by :** The Bloody

**AKA :** Bloody Stretch EX (Bloody)

**Description :** The victim is kneeling on the mat, the attacker is standing behind them. The attacker places both their feet on the back of the victim's bent knees and sits down, leaving their knees bent so their knees are in the back of the victim. The attacker crosses the victim's arms in front of the victim's body and pulls on them, applying pressure to the victim's back.

## Back Breaker Hold, Standing Bow and Arrow

**Used by :** Ciclon Ramirez, Shocker

**AKA :**

**Description :** The attacker stands behind the victim and scoops them up so that they are back to back and the victim's body is parallel to the mat. The attacker hooks the victim's legs with one arm and their victim's head/neck with the other stretching the victim across the attacker's back.

## Back Breaker Rack (Argentine Back Breaker)

**Used by :** Lex Luger, Hercules

**AKA :** The Human Torture Rack (Lex Luger)

**Description :** The attacker lifts the victim up so that they are laying across the attacker's shoulders. The attacker hooks the victim's neck and leg and applies pressure.

## Back Breaker Rack, Back to Back

**Used by :** Gory Guerrero, Eddy Guerrero

**AKA :** Gory Lock, Gory Special

**Description :** The attacker lifts the victim up over their shoulder so that the victim is across their back and their upper back is across the attacker's shoulder. The attacker tucks the victim's legs around the attacker's hips. From there the attacker either hooks the victim's arms or applies a chinlock on the victim, applying pressure to the upper back of the victim by pulling down.

## Back Breaker Rack, Back to Back Crucifix

**Used by :** Don Leo Jonathan

**AKA :** Hijack Backbreaker (Jonathan)

**Description :** The attacker lifts the victim up over their shoulder so the victim is across the attacker's back and the victim's upper back is across the attacker's shoulder. The attacker grabs the victim's outstretched arms and pulls down, applying pressure to the victim's back.

## Back Breaker Rack, Inverted Shoulder (Canadian Back Breaker)

**Used by :** Jesse Ventura, Brian Lee, Rick Rude

**AKA :** The Body Breaker (Ventura), The Cancellation (Lee)

**Description :** The victim is lifted up over the attacker's shoulder so the victim is facing upwards and their back is held over the shoulder of the attacker. The attacker locks their arms around the victim's torso and applies pressure.

## Back Breaker Rack, Reverse Back to Back

**Used by :** Jerry Lynn

**AKA :** Reverse Gory Lock/Special

**Description :** The victim is behind the attacker. The attacker places the victim's head between their legs and hooks both their arms. The attacker turns around so the victim is now in front of the attacker facing the same direction, at the same time, the victim ducks down and sticks their head between the victim's legs and stands up while still having the arms hooked. The victim is lifted up so they are now upside down, the attacker suspends the victim by keeping their arms trapped. The attacker holds the victim's arms and grabs the victim's leg, pulling down, stretching the victim's lower back.

## Bear Hug

**Used by :** Hillbilly Jim, Bruno Sanmartino, Tony Atlas

**AKA :**

**Description :** The attacker stands face to face with the victim and wraps their arms around the victim's body and applies pressure.

## Bear Hug, Inverted Belly to Back

**Used by :** Dave Sullivan

**AKA :** Bunny Hop (Sullivan)

**Description :** The victim is bent over, the attacker stands near the victim's head and locks their arms around the victim's torso. The attacker lifts the victim up so they are upside down, as if the attacker is going to give the victim a piledriver. The attacker applies pressure to the victim's stomach while holding them upside down.

## Boston Crab

**Used by :** Rick Martel, Stan Hansen, Chris Jericho, Pedro Morales

**AKA :** Brazos Valley Breaker (Hansen), Liontamer (Jericho), Quebec Crab (Martel)

**Description :** Can be set up two ways. With the victim on their back, the attacker grabs both the victim's legs, the attacker steps over the victim's body so they are turned onto their stomach. The attacker leans back to apply pressure. If the victim is on their stomach, the attacker grabs both their legs and pulls backwards to apply pressure.

## Bow and Arrow Hold, Reverse

**Used by :** Yuki Ishikawa, Masa Fuchi

**AKA :**

**Description :** The victim is on their side on the mat. The attacker is facing the victim's front. The attacker grabs one of the victim's feet and bends it back so the victim's knee is bent back. The attacker hooks around the victim's head with their other arm and pushes back, applying pressure to the victim's neck. The victim is being stretched on their neck, their leg and their back as the attacker is bending the victim backwards by their leg and head.

## Chickenwing

**Used by :**

**AKA :**

**Description :** The attacker is behind the victim and hooks one of the victim's upper arm and pulls it behind their back, applying pressure to the victim's shoulder.

**Variations :**

- Crossface Chickenwing (Bob Backlund, Norman Conquest - Norman Smiley)
- Crossface Chickenwing w/ Body Scissors (Buzz Killer - Syxx, Bob Backlund)

## Chickenwing, Double

**Used by :**

**AKA :**

**Description :** The attacker is behind the victim and hooks both the victim's upper arms and pulls them behind their back, sometimes linking their hands to apply pressure to the both the victim's shoulders.

**Variations :**

- Elevated Double Chickenwing (Ricky Steamboat)

## Chinlock

**Used by :**

**AKA :**

**Description :** The attacker is above the victim, who's either sitting or lying on their stomach. The attacker links their hands on the victim's chin and pulls back.

## Chinlock, Back Mounted

**Used by :** Iron Sheik, The Sheik, Sabu, El Santo, El Hijo Del Santo, Scott Steiner

**AKA :** Camel Clutch, Steiner Recliner (Steiner), El Caballo

**Description :** The victim is face down on the mat, the attacker sits on their back and puts the the victim's arms on their legs. The attacker then links their hands under/on the victim's chin and pulls back.

## Chinlock, Back Mounted Crossed Arms

**Used by :** Jinsei Shinzaki

**AKA :** Gokuraku-gatame (Shinzaki)

**Description :** The victim is on their stomach or in a kneeling position. The attacker straddles the victim's upper back and grabs both the victim's arms with their opposite hands. The attacker crosses the victim's arms under across their chest/under their chin. If the attacker was not on their stomach, the attacker forcing the victim forward so they are laying on the mat. The attacker pulls back on the victim's arms to apply pressure to the person's neck and back.

## Chinlock, Cross Knee

**Used by :**

**AKA :**

**Description :** The victim is kneeling on the mat, the attacker is standing behind them. The attacker places both their feet on the back of the victim's bent knees and sits down, leaving their knees bent so their knees are in the back of the victim. The attacker links both their hands under the victim's chin and pulls back, applying pressure to the victim's chin and stretching them across their knees.

## Chinlock, Over the Shoulder

**Used by :** Mad Dog Vachon, Road Warrior Hawk

**AKA :** The Hangman (Vachon)

**Description :** The attacker is back to back with the victim. The attacker reaches over their shoulder and grabs the victim's head, linking their hands around the victim's chin and putting the victim's neck over the attacker's shoulder. The attacker leans forward and support's the victim's weight on their back, lifting them off the ground and stretching their neck out.

## Chinlock and Armlock

**Used by :** Hiroyoshi Tenzan, Hiromi Yagi

**AKA :** Buffalo Sleeper (Tenzan)

**Description :** The victim is sitting, the attacker grabs one of their arms and pulls it up so the arm is above the shoulder and the wrist is trapped in the attacker's elbow. With their other hand, the attacker locks their hand around the victim's chin. The attacker reaches under the victim's arm which is trapped in the attacker's elbow and grabs their other hand and pulls back, applying pressure to the victim's neck and arm.

## Choke Hold

**Used by :** Tiger Jeet Sighn

**AKA :** Tiger Claw

**Description :** The attacker grabs the victim by the throat with either one or two hands.

**Variations :**

- Elevated Double Choke Hold (Hangman's Tree)

## Choke Hold, Front Face Lock

**Used by :** Oleg Taktarov

**AKA :** Guillotine Choke

**Description :** The attacker stands face to face with the victim and grabs the victim's head and places it under their arm. The attacker locks the victim's head with one arm, reaching around the victim's head and across their throat. The attacker applies pressure by locking their hands and squeezing. They may also try to apply more pressure by lifting the victim up at an angle.

## Choke Hold, Half Nelson

**Used by :**

**AKA :**

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck and with their other arm they reach around under the victim's chin and squeezes across the victim's throat.

**Variations :**

- Half Nelson Choke Hold w/ Body Scissors (Kataha-jime, Tazmission - Taz)

## Choke Hold, Thumb to the Throat

**Used by :** Glacier

**AKA :** Icepick (Glacier)

**Description :** The attacker is standing behind the victim, the attacker reaches around the victim's head and sticks their thumb into the victim's throat. The attacker is forcing their thumb into the victim's windpipe, forcing them to submit or pass out.

## Claw Hold, Abdominal

**Used by :** The Von Erichs, Bruiser Bedlum

**AKA :**

**Description :** The attacker places their hand on the stomach of the victim and applies pressure.

## Claw Hold, Head

**Used by :** The Von Erichs, Blackjack Mulligan, Baron Von Rashke

**AKA :** The Iron Claw (Von Erichs, Von Rashke), Blackjack Claw (Mulligan)

**Description :** The attacker places their hand on the head of the victim and applies pressure.

## Crossface Hold

**Used by :** Chris Benoit, Kaz Hayashi

**AKA :** Crippler Crossface (Benoit)

**Description :** The victim is on the mat on their stomach, the attacker is to the side of the victim's body. The attacker reaches around the victim's head and pulls their arm across the victim's face. The attacker locks their hands together and pulls back, applying pressure to the victim's neck.

## Entanglement Submission Hold

**Used by :** Mr. Nielba, Ciclope

**AKA :** Nelbina (Nielba)

**Description :** The victim is on their back. The attacker grabs the victim's arms and pulls them so they are behind the victim's knees. The attacker turns the victim over so that they are resting on their knees, however, their arms are now trapped between the back of the victim's thighs and shins. The attacker then sits on the victim's back adding more weight and pressure to the hold. Posing is optional.

**NOTE :** This is a super goofy submission hold. I really have no idea how to qualify it and I restrained myself from actually calling it "Goofy Lucha Submission Hold #1". For what it's worth, Ciclope does a version of this, however, he just leaves the victim balled up and doesn't sit on him, walks away and usually drops a leg on them... this of course makes the victim look incredibly stupid.

## Face Lock, Back Mounted Inverted

**Used by :** Mayumi Ozaki, Rumi Kazama, Low Ki

**AKA :**

**Description :** The victim is on their stomach, the attacker straddles the victim's upper back and pulls up the victim's head/upper body. The attacker reaches over the victim's head and their arms so the victim's head is facing upward and trapped under the attacker's arm. The attacker applies pressure by pulling back and squeezing on the victim's head.



## Face Lock, Front

**Used by :**

**AKA :**

**Description :** The attacker stands face to face with the victim and grabs the victim's head and places it under their arm. The attacker locks the victim's head with one arm, reaching around the victim's head and across their face. The attacker applies pressure by locking their hands and squeezing.

## Face Lock, Inverted

**Used by :** Tatsumi Fujinami, Ultimo Dragon, Owen Hart

**AKA :** Dragon Sleeper

**Description :** The attacker stands behind the victim. The attacker reaches over the victim's head and locks it so the victim's head is facing upward and is trapped under the attacker's arm. The attacker usually kneels down once the hold is applied and adds pressure by locking their hands and squeezing.

**Variations :**

- Inverted Face Lock w/ Body Scissors (Al Snow)

## Face Lock, Spinning Inverted

**Used by :** Mayumi Ozaki

**AKA :** Dragon Sleeper

**Description :** The attacker stands behind the victim. The attacker reaches over the victim's head and locks it so the victim's head is facing upward and is trapped under the attacker's arm. The attacker starts spinning around so the victim is being held in air by the attacker.

## Face Lock, Step over

**Used by :** Mitsuharu Misawa

**AKA :**

**Description :** The victim is in a sitting position, the attacker stands behind them. The attacker places one leg over one of the victim's shoulder's so they are straddling them. The attacker reaches down and wraps one arm across the victim's face and locks their hands together, squeezing against the victim's face.

## Full Nelson

**Used by :** Billy Jack Haynes, Hercules, Warlord

**AKA :**

**Description :** The attacker stands behind the victim. The attacker places both their arms under the victim's arms and locks them behind the victim's neck. The attacker provides pressure by pushing down on the victim's neck.

**Variations :**

- Full Nelson w/ Body Scissors (Barry Horowitz)

## Full Nelson, Back Mounted

**Used by :** Mr. Gannosuke, Shadow WX

**AKA :**

**Description :** The victim is on their stomach, the attacker straddles the victim's upper back. The attacker reaches under the victim's arms and locks their hands together behind the victim's neck. The attacker leans back and pulls the victim up applying pressure to the victim's back and neck.

## Full Nelson, Bridged Inverted

**Used by :** Poison Sawada

**AKA :**

**Description :** The victim is sitting, the attacker is behind them. The attacker reaches under the victim's arms and locks their hands behind the victim's back. The victim's arms are pushed back behind them, the attacker usually rests his head on the back of the victim's neck or places his chin on the top of the victim's head. The attacker then jumps over the the victim's body landing on their feet in a bridge, applying pressure to the victim's neck by pushing it foward.

## Full Nelson, Inverted

**Used by :** Gedo, Tenryu, Gran Naniwa

**AKA :** WAR Special

**Description :** The victim is sitting, the attacker is behind them. The attacker reaches under the victim's arms and locks their hands behind the victim's back. The victim's arms are pushed back behind them, the attacker usually rests his head on the back of the victim's neck or places his chin on the top of the victim's head. The attacker applies pressure and also pushes the victim's head foward, applying pressure to the victim's neck.

**NOTE :** The hold takes it's name from the WAR promotion of Japan where it is a commonly used hold.

## Full Nelson, Reverse

**Used by :** Venom

**AKA :**

**Description :** The attacker stands face to face with the victim. The attacker reaches under the victim's arms and locks his hands on the victim's face/forehead. The attacker pushes the victim's head back to get the submission. The attacker may put one of their legs behind the victim to prevent them from falling backwards onto the mat.

## Full Nelson, Reverse Inverted

**Used by :** Men's Teioh, Masahiro Chono

**AKA :** Teioh Lock

**Description :** The victim is sitting, the attacker facing the victim. The attacker puts one arm behind the victim's neck and reaches under both the victim's arms, locking their arms behind the victim's back. The attacker applies pressure by pull by squeezing and pushing the victim's neck forward.

## Full Nelson, Spinning

**Used by :** Ken Patera, Pitbull #1

**AKA :**

**Description :** The attacker stands behind the victim. The attacker places both their arms under the victim's arms and locks them behind the victim's neck. The attacker provides pressure by pushing down on the victim's neck. The attacker starts spinning around so the victim is being held in air by the attacker.

## Full Nelson, Standing Reverse Inverted

**Used by :** Mikiko Futagami

**AKA :**

**Description :** The attacker lifts the victim off the ground while they are standing face to face. The attacker gets into a wide base so that the victim's legs are held out on the attacker's thighs. The attacker puts one arm behind the victim's neck and reaches under both the victim's arms, locking their arms behind the victim's back. The attacker applies pressure by pull by squeezing and pushing the victim's neck forward.

## Half Crab

**Used by :** 1-2-3 Kid, Lance Storm

**AKA :** Canadian Maple Leaf (Storm)

**Description :** Can be set up one of two ways. If the victim is on their back, the attacker grabs one of their legs, steps over the victim's body turning them on their stomach and pulls back applying pressure to the victim's back. If the victim is on their stomach, the attacker grabs one of the victim's legs and pulls backwards applying pressure to the victim's back.

## Half Crab, Over the Shoulder

**Used by :** Bull Nakano

**AKA :**

**Description :** The victim is on their stomach, the attacker straddles the victim, facing the direction of their head and grabs one of the victim's legs. The attacker pulls the leg up and over one of their shoulders and applies pressure to the victim's back by pulling forward.

## Half Crab with Armlock

**Used by :** Konnan

**AKA :** Tequila Sunrise (Konnan)

**Description :** The victim is on their back, the attacker grabs one of the victim's arms. The attacker walks around the victim's body, rolling them over onto their stomach. The attacker traps the arm of the victim by putting it behind their knee and kneeling down. The attacker then applies a half crab.

## Half Nelson

**Used by :**

**AKA :**

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck and applies pressure.

## Hammerlock

**Used by :**

**AKA :**

**Description :** The attacker grabs one of the victim's arms and pulls it behind their back. The attacker pulls up on the victim's forearm applying pressure to the victim's elbow and shoulder.

**Variations :**

- Elevated Hammerlock (George the Animal Steele)

## Hammerlock, Back to Back Elevated

**Used by :** Red Rooster

**AKA :** Cock o' the Walk (Rooster)

**Description :** The attacker grabs one of the victim's arms and bends it behind their back. The attacker has their back to the victim while holding their forearm, applying pressure to the victim's arm and shoulder. The attacker leans forward, lifting the victim off the mat and using the victim's weight against their own shoulder.

## Hammerlock w/ Armbar

**Used by :** Meiko Satomura

**AKA :**

**Description :** The attacker grabs one of the victim's arms and pulls it behind their back. The attacker pulls up on the victim's forearm applying pressure to the victim's elbow and shoulder. The attacker holds the victim's arm with their opposite hand (left hold right or vice versa). The attacker then uses their free arm to grab and bar the victim's free arm and pull it behind the victim's back as well.

## Hammerlock w/ Neck Submission

**Used by :** Dr. Wagner Jr., Mosco De La Merced, Tajiri

**AKA :**

**Description :** The attacker grabs one of the victim's arms and pulls it behind their back. The attacker pulls up on the victim's forearm applying pressure to the victim's elbow and shoulder. The attacker steps to the side of the victim opposite the arm they are holding (if they have the victim's right arm in a hammerlock, they are standing to the left of the victim) and facing the same direction as the attacker. The attacker hooks the victim's leg with their near leg. The attacker leans forward and rolls sideways across their back, forcing the victim over into a sitting position. The attacker then throws their free leg over the victim's neck and applies pressure to their neck while still applying pressure to their arm.

## Hammerlock w/ Step Over Armbar

**Used by :** Yasha Kurenai

**AKA :**

**Description :** The victim is sitting down, the attacker stands behind the victim facing them. The attacker grabs one of the victim's arms and pulls it behind their back. The attacker pulls up on the victim's forearm applying pressure to the victim's elbow and shoulder. From there the attacker steps over the the victim's shoulder opposite the one in the armlock so it appears they are sitting facing away from them while reaching through their own legs keeping the victim in the hammerlock. The attacker grabs the arm the they are now squatting over with their free arm and wraps their arm around it, pulling up to applying pressure to the victim's arm. The end result is the attacker squatting over the victim's shoulder with one of their hands reaching through their legs holding the victim in a hammerlock and behind the victim's near arm, which the attacker has wrapped up with their other arm. The attacker almost has their arms crossed while keeping the victim's arms locked.

## Head Lock, Side

**Used by :**

**AKA :**

**Description :** The attacker stands to the side of the victim, facing the same direction. The attacker wraps their arm around the victim's head with one arm and applies pressure with both arms.

## Head Vice

**Used by :** Crush

**AKA :** The Compactor

**Description :** The attacker places both hands on the side of the victim's head and squeezes.

## Kneebar, Crucifix

**Used by :** Dean Malenko, TAKA Michinoku, Shinjiro Ohtani, Norman Smiley, Ken Shamrock

**AKA :** Cross Knee Scissors, hiza jujigatame

**Description :** The victim is on their back, the attacker applies a standing scissor lock around the victim's leg and falls to the mat to the side of the victim (usually so they are laying on the mat so they are nearly side by side, usually at an angle to one another). The attacker pulls on the victim's leg, trying to hyperextend the victim's knee and applying pressure to the hamstrings.

## Kneebar, Reverse Crucifix

**Used by :** Konnan

**AKA :**

**Description :** The victim is on their stomach, the attacker grabs one of the victim's legs and applies a scissor lock around the victim's leg and falls to the mat, trapping the victim's heel in their armpit. The attacker applies pressure to the victim's leg by pushing down and trying to hyperextend the victim's knee across the attacker's body.

## Kneelock, IV

**Used by :** Kendo Ka Shin

**AKA :** IV Kneelock (Ka Shin)

**Description :** The victim is on their hands and knees, the attacker is behind them. The attacker hooks one

of the victim's with their same leg (that is, right would hook right, left would hook left) by putting their shin behind the victim's knee. The attacker uses the arm on the same side to hook the victim's other leg. From there, the attacker rolls on their back ala a cradle, putting both on their backs with the victim's trapped leg in the air as the attacker's leg is bent sideways and using their free leg to support their bent leg, forming a "4" with the attacker's legs. The attacker then pulls down on the victim's foot/ankle, applying pressure to the victim's knee.

## Knuckle to Temple

**Used by :** Sgt. Slaughter, Blackjack Lanza

**AKA :** The Atomic Noogie (Slaughter), Texas Brainbuster (Lanza)

**Description :** The victim is sitting down, the attacker stands over them and tilts their head. The attacker puts their knuckle to the victim's temple and grinds it in. Looks lame, but is actually quite painful.

## Leg Lock, Angled Reverse Figure Four

**Used by :** Felino

**AKA :**

**Description :** The victim is on their back, the attacker is facing away and grabs one leg and bends it sideways in front of one of the attacker's own legs and on top of the victim's other leg, forming a "4" with the victim's legs. The attacker holds the victim's straight leg, the attacker pins their legs into place and stands facing the opposite direction as the victim. The attacker then falls backwards at an angle (towards the victim's head) so they land on their back, the victim's legs are up in the air and they are laying on their shoulders/neck.

## Leg Lock, Arm Trap Standing

**Used by :** Konnan

**AKA :** Zip Lock (Konnan)

**Description :** The victim is on their back, the attacker holds on of the victim's legs and steps between the victim's legs and puts their foot to one side of the victim's hip, the attacker bends their knees slightly. The attacker grabs the victim's arms one after the other and places them so they are between the attacker's leg and the leg the attacker is holding. The attacker bends the victim's leg so their shin lies across the attacker's thigh, trapping the victim's arms between the attacker's leg and the victim's knee. The attacker grabs the victim's other leg and places it so the victim's knee is placed across the ankle of their other leg and pushes down on their shin, trapping the victim's legs and arms, applying pressure with their arms to the victim's legs.

## Leg Lock, Clover Leaf

**Used by :** Dory Funk Jr., Dean Malenko

**AKA :** Texas Clover Leaf Hold

**Description :** The victim is on their back, the attacker grabs both the victim's legs and locks them into a figure four with their arms, placing the victim's straight leg into their arm pit. The attacker steps over the victim rolling them on their stomach as if for a boston crab and sits back.

## Leg Lock, Crooked Figure Four

**Used by :** Yuji Nagata, Yoji Anjoh

**AKA :** The Nagata Lock (Nagata)

**Description :** The victim is on their back, the attacker is facing away and grabs one leg and bends it sideways in front of one of the attacker's own legs and on top of the victim's other leg, forming a "4" with the victim's legs. The attacker holds the victim's straight leg, the attacker pins their legs into place. The attacker falls to their side, forcing the victim's legs to be bent at an angle. The attacker applies pressure to the victim's legs.

## Leg Lock, Elevated Crossed Arms Figure Four

**Used by :** Black Warrior

**AKA :** El Nudo Lagunero (the knot)

**Description :** The victim is on their back. The attacker is standing and grabs both the victim's legs. The attacker bends one of the victim's legs sideways and lays it across their straight leg, so the victim's legs form a "4". The attacker steps over the victim's bent ankle and rests the victim's straight leg on their thigh. The attacker grabs the victim's arm which is on the same side as their straight leg and pulls it across the victim's body and through the "4" in their legs (that is under the victim's bent leg). The attacker grabs the victim's other arm over and crosses it over their body, but over the leg lock. The attacker leans back and pulls the victim up off the mat while keeping their legs locked in the figure four and holding their arms.

## Leg Lock, Elevated Inverted Indian Deathlock

**Used by :** Mikey Whipwreck

**AKA :**

**Description :** The victim is face down on the mat, the attacker crosses of the victim's ankles into the crook of the victim's other knee. The attacker uses the back of their leg to apply pressure to the victim's leg that is up and puts their leg in between the victim's entangled legs. Then the attacker falls backwards applying pressure to the victim's legs. The attacker then grabs the victim's head and rolls onto their stomach, lifting the victim up into the air.

## Leg Lock, Figure Four

**Used by :** Ric Flair, Greg Valentine, Jeff Jarrett, Tito Santana

**AKA :**

**Description :** The victim is on their back, the attacker grabs one leg and bends it sideways behind one of the attacker's own legs and on top of the victim's other leg, forming a "4" with the victim's legs. The attacker holds the victim's straight leg, falls backwards to the mat and secures the victim's bent leg in place by placing their free leg on top of the ankle of the victim's bent leg.

## Leg Lock, Indian Deathlock

**Used by :** Jushin Lyger, Greg Gagne, Wahoo McDaniel

**AKA :**

**Description :** The victim is on their back. The attacker has the victim's legs crossed as if the victim was

sitting "indian style". The attacker places his knee on the shins of the victim's crossed legs and applies pressure to the victim's knees.

## Leg Lock, Inverted Indian Deathlock

**Used by :** Terra Ryzing/Jean-Paul Levesque, Antonio Inoki

**AKA :**

**Description :** The victim is face down on the mat, the attacker crosses of the victim's ankles into the crook of the victim's other knee. The attacker uses the back of their leg to apply pressure to the victim's leg that is up and puts their leg in between the victim's entangled legs. Then the attacker can stand and apply pressure, or may fall backwards applying pressure to the victim's legs.

**Variations :**

- Crossface Inverted Indian Deathlock (Steven Regal - Regal (Royal) Stretch)  
The attacker applies the leglock, instead of facing to the side or to the back of the victim, they face forward and apply a crossface hold. Similiar to an STF.

## Leg Lock, Racked

**Used by :** Manabu Nakanishi

**AKA :**

**Description :** The victim is on their back, the attacker bends down and grabs the victim's leg and places it on their shoulders and neck. The attacker stands up and applies pressure to the thigh and shin with their arms, bending the victim's knee across the back of their neck. The victim is lifted slightly off the mat and their own weight is used against them. The move sort of looks like an Argentine Backbreaker (Human Torture Rack) applied to someone's leg.

## Leg Lock, Racked Kneeling

**Used by :** Toshiyo Yamada

**AKA :**

**Description :** The victim is on their back, the attacker kneels down and grabs the victim's leg and places it on their shoulders and neck. The attacker applies pressure to the thigh and shin with their arms, bending the victim's knee across the back of their neck. The move looks similar to an kneeling Argentine Backbreaker (Human Torture Rack) applied to somenone's leg.

## Leg Lock, Racked Spinning

**Used by :** Toshiyo Yamada

**AKA :**

**Description :** The victim is on their back, the attacker bends down and grabs the victim's leg and places it on their shoulders and neck. The attacker stands up and applies pressure to the thigh and shin with their arms, bending the victim's knee across the back of their neck. The victim is lifted slightly off the mat and their own weight is used against them. The move sort of looks like an Argentine Backbreaker (Human Torture Rack) applied to someone's leg. The attacker than starts spinning around similar to an airplane spin while holding the victim's leg.



## Leg Lock, Reverse Figure Four

**Used by :** Tony Rivera

**AKA :**

**Description :** The victim is on their back, the attacker is facing away from the victim and grabs one leg and bends it sideways behind one of the attacker's own legs and on top of the victim's other leg, forming a "4" with the victim's legs. The attacker holds the victim's straight leg, and holds the bent leg in place with their other leg. The attacker then turns, causing the victim to roll over onto their stomach, and drops down to the mat applying pressure to the victim's legs.

## Leg Lock, Reverse Standing Figure Four

**Used by :** Disco Inferno, Yuji Nagata

**AKA :** The Last Dance (Disco)

**Description :** The victim is on their back, the attacker is facing away and grabs one leg and bends it sideways in front of one of the attacker's own legs and on top of the victim's other leg, forming a "4" with the victim's legs. The attacker holds the victim's straight leg, the attacker pins their legs into place and stands facing the opposite direction as the victim and they apply pressure.

## Leg Lock, Scorpion Deathlock

**Used by :** Sting, Bret Hart, Owen Hart, Riki Choshyu, Ron Garvin

**AKA :** Scorpion Deathlock (Sting, Choshyu), Sharpshooter (Harts), Hammer Jammer (Garvin)

**Description :** The victim is on their back. The attacker holds up the victim's legs and steps inbetween them. The attacker crosses the victim's legs around the leg which they put through and holds them in place with their arms. The attacker then steps over, turning the victim over on their stomach. The attacker leans/crouches back to apply pressure.

**Variations :**

- Crossface Scorpion Deathlock (Bull Nakano)

## Leg Lock, Standing Figure Four

**Used by :** Steve Austin

**AKA :** That's a Wrap (Austin)

**Description :** The victim is on their back, the attacker grabs one leg and bends it sideways behind one of the attacker's own legs and on top of the victim's other leg, forming a "4" with the victim's legs. The attacker holds the victim's straight leg, the attacker pins their legs into place, instead of falling back to apply the standard figure four leg lock, the attacker remains standing and applies pressure.

## Leg Lock with Bridging Chinlock, Inverted Indian Deathlock

**Used by :** The Great Muta

**AKA :** Sickle Hold

**Description :** The victim is face down on the mat, the attacker crosses the victim's ankles into the crook of the victim's other knee. The attacker uses the back of their leg to apply pressure to the victim's

leg that is up and puts their leg in between the victim's entangled legs. The attacker stands up and bridges backwards and applies a chinlock on the victim.

## Leg Lock with Front Face Lock, Indian Death Lock

**Used by :** Konnan

**AKA :**

**Description :** The victim is on their back. The attacker has the victim's legs crossed as if the victim was sitting "indian style". The attacker places his knee on the shins of the victim's crossed legs and applies pressure to the victim's knees. The attacker lifts up the victim and applies a front face lock.

## Leg Lock with Head Scissors, Racked

**Used by :** Ultimo Guerrero

**AKA :**

**Description :** The victim is on their back, the attacker sits down and grabs the victim's leg and places it on their shoulders and neck. At the same time, the attacker uses his leg to scissor lock the victim's head. The attacker lies back and applies pressure to the thigh and shin with their arms, bending the victim's knee across the back of their neck while squeezing the victim's head/neck with their legs. The move looks similar to an kneeling Argentine Backbreaker (Human Torture Rack) applied to someone's leg.

## Leg Lock with Reverse Inverted Full Nelson, Indian Death Lock

**Used by :** Mariko Yoshida

**AKA :**

**Description :** The victim is on their back. The attacker has the victim's legs crossed as if the victim was sitting "indian style". The attacker places his knee on the shins of the victim's crossed legs and applies pressure to the victim's knees. The attacker puts one arm behind the victim's neck and reaches under both the victim's arms, locking their arms behind the victim's back. The attacker applies pressure by pull by squeezing and pushing the victim's neck forward.

## Leg Lock with Underhook Neck Submission, Elevated Figure Four

**Used by :** Black Warrior

**AKA :**

**Description :** The victim is on their back, the attacker bends one of the victim's legs across their other leg so their legs form a four. The attacker stands to the side of the victim's straight leg. The attacker places foot under the victim's straight leg and bent ankle. The attacker pulls the victim into a sitting position, the attacker locks both the victim's arms behind their back and links their hands together. The attacker rolls to their side away from the victim's body and onto their back, elevating the victim off the canvas. The attacker applies pressure to the victim's neck by squeezing the underhook and keeps the victim in the leg lock.

## Leg Split Hold, Leg Scissor

**Used by :** Steve Blackman

**AKA :**

**Description :** The victim is kneeling or bent over, the attacker leans across the victim's lower back. The attacker scissor locks one of the victim's legs with their legs and wraps their arms around the victim's other leg. The attacker rolls onto their back and pulls down with their legs and arms, forcing the victim's legs to do a split.

## Leg Split Hold, Standing

**Used by :** Giant Baba

**AKA :**

**Description :** The attacker is standing, the victim is on their back. The attacker puts one foot on one of the victim's legs which are on the mat. The attacker picks up the victim's other leg and pushes it as far as they can, forcing the victim's leg into a split.

## Neck Submission, Leg Trap Arm Hook

**Used by :** Yoshihiro Tajiri, Yoshiko Tamura

**AKA :**

**Description :** The attacker stands behind a sitting victim. The attacker straddles the victim's neck with their legs and places their legs between the victim's legs. The attacker puts their feet under the attacker's knees. The attacker falls forward so they are stomach first on the mat and the victim is forced to balance their weight on their head/neck as the victim's feet are hooking the victim's thighs, forcing the victim into a kneeling angle. The attacker grabs both the victim's arms and applies pressure.

## Neck Submission, Underhook Leg Trap

**Used by :** Hikari Fukuoka

**AKA :**

**Description :** The attacker is facing the victim. The attacker bends the victim down and hooks both of the victim's arms so they are behind the victim's back. The attacker links their hands together and sits down/lays back while still holding the victim's arms. The victim is forced to balance their weight on their head neck. The attacker uses their legs to hook the victim's legs, compacting the victim's body.

## Neck Twist

**Used by :**

**AKA :**

**Description :** The victim is sitting, The attacker is standing behind them. The attacker pushes down on one side of the victim's head while pulling on the victim's head up by their jaw.

## Nerve Hold with Armbar

**Used by :** Yoshi Kwan

**AKA :** Igetcha Suka

**Description :** The attacker applies an armbar on the victim. The attacker then puts one of their hands under the victim's armpit and applies a nerve pinch to the jawbone area.

## Nerve Hold, Double Trapezius

**Used by :** Rene Goulet

**AKA :**

**Description :** The attacker applies a nerve pinch with both hands to both the trapezius muscles in the victim's shoulder/neck area.

## Nerve Hold, Mandible

**Used by :** Mankind

**AKA :** The Mandible Claw (Mankind)

**Description :** The attacker applies a nerve hold by pushing their fingers into the mouth of the victim and pushing down on the nerves under the tongue.

## Nerve Hold, Trapezius

**Used by :**

**AKA :**

**Description :** The attacker applies a nerve hold by squeezing the trapezius muscle in the neck/shoulder of the victim.

## Nerve Hold, Under the Chin

**Used by :** Meng

**AKA :** The Tongan Death Grip (Meng)

**Description :** The attacker applies a nerve pinch to the underside of the victim's chin in the area between the victim's jaw bone.

## Octopus Hold

**Used by :** Antonio Inoki, Takeshi Ono, Yoshihiro Tajiri

**AKA :**

**Description :** The Octopus hold is similar to an abdominal stretch. The attacker stands behind or to the side of the victim, the attacker hooks one of their legs around the victim's opposite leg (that is, the left leg would hook the right or the right leg would hook the left). The attacker then bends the victim over to the side and hooks their upper arm with one hand and puts their leg across the victim's neck, forcing it down. The attacker is forcing the victim to carry all their weight. The attacker can use their free hand to steady themselves on the victim or use it to grab the victim's free leg and pull on it, adding more pressure to the hold.

## Octopus Hold, Grounded

**Used by :** Dos Caras, El Samurai, Octagon, Val Venis

**AKA :** Octagon Special (Octagon)

**Description :** The victim and attacker are side by side on the mat on their backs. The attacker has their leg which is closest to the victim wrapped around the victim's near leg. The attacker reaches their far leg across their body and locks it behind the victim's neck, forcing the victim's head into their chest. This hold is often set up with a side russian leg sweep. The attacker grabs the victim's near arm and applies pressure to it.

## Scissor Lock, Body

**Used by :** Kevin Von Erich

**AKA :**

**Description :** The attacker locks their legs around the body of the victim and applies pressure.

## Scissor Lock, Crooked Head

**Used by :**

**AKA :**

**Description :** The attacker applies a head scissor lock on the victim on their back. The attacker twists their body so the victim's head is pulled towards their chest.

## Scissor Lock, Head

**Used by :**

**AKA :**

**Description :** The attacker locks their legs around the head of the victim and applies pressure.

## Scissor Lock, Triangle

**Used by :** Shinya Hashimoto, Dean Malenko, Steve Blackman

**AKA :**

**Description :** The victim is laying on their back. The attacker stands behind the victim's head facing towards them. The attacker lifts up the victim's arm and places one of their legs around the side of the victim's head and bends their leg so their calf is under the victim's chin. The attacker locks their leg in place with their other leg so their legs are forming a "4" around the victim's head. The attacker applies pressure with their legs, cutting off the supply of blood to the brain of the victim. The attacker also pulls back on the victim's arm so it is between the attacker's legs. The move is a combination of a Leg Lock Sleeper Hold and a Crucifix Armbar.

## Sleeper Hold

**Used by :** Roddy Piper, Dusty Rhodes, Brutus Beefcake, Adrian Adonis, Johnny Weaver

**AKA :** Goodnight Irene (Adonis), Weaverlock (Rhodes)

**Description :** The attacker stands behind the victim and wraps one of their arms around the victim's neck, but not under their chin. The attacker applies pressure, cutting off the supply of blood to the victim's brain, causing them to pass out.

## Sleeper Hold, Choke Hold

**Used by :** Nailz, Antonio Inoki

**AKA :**

**Description :** The attacker stands behind the victim and wraps one of their arms around the victim's neck and under their chin. The attacker applies pressure, cutting off the victim's air and the supply of blood to the victim's brain, causing them to pass out.

## Sleeper Hold, Cobra Clutch

**Used by :** Sgt. Slaughter, Ted DiBiase, Virgil/Vincent

**AKA :** The Cobra Clutch (Slaughter), Million Dollar Dream (DiBiase), Shinni No Maki

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck. The attacker uses their free arm to reach across the victim's body and grab the victim's arm which is on the the same side as the arm the attacker is apply the half nelson. The attacker pulls the victim's arm across their face and locks their hands around the victim's neck and applies pressure.

## Sleeper Hold, Leg

**Used by :**

**AKA :** Figure Four Sleeper

**Description :** The victim is laying on their back. The attacker sits behind the victim's head facing towards them. The attacker grabs the victim's head and places one of their legs around the side of the victim's head and bends their leg so their calf is under the victim's chin. The attacker locks their leg in place with their other leg so their leg legs are forming a "4" around the victim's head. The attacker applies pressure with their legs, cutting off the supply of blood to the brain of the victim.

## Sleeper Hold, Pinch

**Used by :** The Mountie, the Trooper

**AKA :** CCT (Corotid Control Technique - Mountie), The Pinch (Trooper)

**Description :** The attacker grabs the neck of the victim and squeezes on the arteries in the victim's neck, cutting off the blood to the brain, causing the victim to pass out.

## Sleeper Hold, Rolling Leg

**Used by :** Miho Wakizawa

**AKA :**

**Description :** The attacker wraps one leg around the prone victim's neck, and lock the hold on with their other leg. The attacker keeps their arms locked around the victim's neck and rolls over to their stomach and then does a forward roll so they land on their back and throw the victim over on their back while keeping the sleeper lock on the victim. The inner sides of the attacker's calf and thigh should press against the carotid arteries, causing the victim to pass out.

## Sleeper Hold, Spinning

**Used by :** Shinobu Kandori, Naohiro Hoshikawa

**AKA :**

**Description :** The attacker stands behind the victim and wraps one of their arms around the victim's neck, but not under their chin. The attacker applies pressure, cutting off the supply of blood to the victim's brain, causing them to pass out. Once the attacker locks their arms around the victim's body, the attacker starts spinning around until the victim's legs are pulled out from under them and they are being held off the ground by their neck.

## Sleeper Hold, Spinning Cobra Clutch

**Used by :** Jim Neidhart, Chris Jericho, Manabu Nakanshi

**AKA :**

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck. The attacker uses their free arm to reach across the victim's body and grab the victim's arm which is on the same side as the arm the attacker is applying the half nelson. The attacker pulls the victim's arm across their face and locks their hands around the victim's neck and applies pressure. The attacker starts spinning around until the victim's legs are pulled out from under them and they are being held off the ground by their neck.

## Sleeper Hold w/ Neck Submission

**Used by :** Mariko Yoshida

**AKA :**

**Description :** Victim is sitting, the attacker places their leg behind the victim's neck so that the back of the attacker's knee is on the victim's neck. The attacker lays down on the canvas on their side with their leg is not being the victim's neck. The attacker reaches under their shin of the leg which is on the back of the victim's neck and around the side of the victim's neck with the arm which are laying on and over their leg and around the victim's chin with their other hand. The attacker links their hands, squeezing the victim's neck with their arms and also forcing their head forward with their leg.

## Step-Over Toe Hold Face Lock (STF)

**Used by :** Masahiro Chono, Irwin R. Shyster, Erik Watts

**AKA :** The Penalty (IRS)

**Description :** The victim is on their back, the attacker holds on to the victim's legs and steps between the victim's legs and puts their foot to one side of the victim's hip and bends the victim's leg so their shin lies across the attacker's thigh. The attacker turns the victim over onto their stomach and scissors the victim's leg. The attacker reaches forward and applies a crossface hold.

**NOTE :** This move can start with the victim on their stomach, the important part is that one of the victim's legs is scissored and the attacker applies the facelock. The hold can be applied from a drop toe hold or half crab as well.

## STF, Double

**Used by :** Kyoko Inoue

**AKA :** The Spider's Nest (Inoue)

**Description :** The victim is on their stomach. The attacker stands on the back of the victim's knees/thighs and locks the victim's ankles behind their legs. The attacker applies a chinlock and pulls back.

## STF, Inverted

**Used by :** Hiroshi Hase

**AKA :**

**Description :** The victim is on their back, the attacker holds on of the victim's legs and steps between the victim's legs and puts their foot to one side of the victim's hip and bend the victim's leg so their shin lies across the attacker's thigh. The attacker turns the victim over onto their stomach and scissors the victim's leg. The attacker reaches forward and applies a crossface hold. Once the crossface hold is locked on, the attacker rolls to one side so that the attacker ends up on their back and the victim is elevated off the mat and in the air, facing upward.

**NOTE :** This move can start with the victim on their stomach, the important part is that one of the victim's legs is scissored and the attacker applies the facelock. The hold can be applied from a drop toe hold or half crab as well.

## Step-Over Toe Hold Face Lock with Double Arm Lock

**Used by :** Magnum TOKYO

**AKA :** STPherimone (TOKYO)

**Description :** The victim is on their stomach. The attacker grabs the victim's foot and bends it up. The attacker lies on thier side, their bottom leg is behind the victim's knee, their top leg is hooked around the victim's shin/ankle. The attacker throws the victim's near arm inbetween their legs and scissor locks the arm and the victim's ankle. The attacker reaches across the victim's chest with one arm and around the victim's free arm and locks their hands around the victim's head. The end result has the attacker pulling back on the victim's neck, one of the victim's arms is trapped in a leg scissor, the other arm is trapped between the attacker's chest and under the attacker's top arm which is applying the face lock on the victim.

## Step-Over Toe Hold Full Nelson

**Used by :**

**AKA :**

**Description :** The victim is on their back, the attacker holds on of the victim's legs and steps between the victim's legs and puts their foot to one side of the victim's hip and bend the victim's leg so their shin lies across the attacker's thigh. The attacker turns the victim over onto their stomach and scissors the victim's leg. The attacker reaches forward and places both their arms under the victim's arms and locks them behind the victim's neck. The attacker provides pressure by pushing down on the victim's neck.

**NOTE :** This move can start with the victim on their stomach, the important part is that one of the victim's legs is scissored and the attacker applies the full nelson. The hold can be applied from a drop toe hold or half crab as well.



## Step-Over Toe Hold Full Nelson, Inverted

**Used by :** Rencor Latino

**AKA :**

**Description :** The victim is on their back, the attacker holds on of the victim's legs and steps between the victim's legs and puts their foot to one side of the victim's hip and bend the victim's leg so their shin lies across the attacker's thigh. The attacker turns the victim over onto their stomach and scissors the victim's leg. The attacker reaches forward and places both their arms under the victim's arms and locks them behind the victim's neck. The attacker provides pressure by pushing down on the victim's neck. Once the full nelson is locked on, the attacker rolls to one side so that the attacker ends up on their back and the victim is elevated off the mat and in the air, facing upward.

**NOTE :** This move can start with the victim on their stomach, the important part is that one of the victim's legs is scissored and the attacker applies the full nelson. The hold can be applied from a drop toe hold or half crab as well.

## Stump Puller

**Used by :** Big Bully Busick, Doink

**AKA :**

**Description :** The attacker stands behind a sitting opponent. The attacker straddles the victim's neck with thier legs, grabs one or both of the victim's legs, pulling them up, stretching the victim's hamstrings and compressing the victim's neck.

## Stump Puller, Figure Four

**Used by :** Konnan

**AKA :**

**Description :** The victim is sitting, the attacker straddles their shoulders. The attacker grabs the victim's legs and puts them in a figure four position. The attacker pulls back on the victim's legs, compressing their body.

## Surfboard

**Used by :**

**AKA :**

**Description :** The victim is on their stomach. The attacker grabs both the victim's arms and stands with on foot in the middle of the victim's shoulderblades. The attacker pulls back on the victim's arms.

## Surfboard, Chinlock

**Used by :** Jushin Lyger

**AKA :**

**Description :** The victim is on their stomach. The attacker stands on the back of the victim's knees/thighs and locks the victim's ankles behind their legs. The attacker grabs both the victim's arms, pulls back and sits down, bringing the victim up to their knees. From there the attacker applies a chinlock.

## Surfboard, Elevated

**Used by :** Rob Van Dam

**AKA :**

**Description :** The victim is on their stomach. The attacker stands on the back of the victim's knees/thighs and locks the victim's ankles behind their legs. The attacker grabs both the victim's arms, pulls back and sits down, bringing the victim up to their knees and pulls back on their arms to apply pressure

## Surfboard, Inverted

**Used by :** Rob Van Dam, El Samurai, Super Crazy, Rayo De Jalisco Jr.

**AKA :** La Tapatia

**Description :** The victim is on their stomach. The attacker stands on the back of the victim's knees/thighs and locks the victim's ankles behind their legs. The attacker grabs both the victim's arms, pulls back, sits down and rolls onto their back, lifting the victim off the ground so they are facing upwards. The attacker holds his legs up straight and pulls back on the victim's arms.

## Surfboard, Inverted Facelock

**Used by :** Super Crazy

**AKA :**

**Description :** The victim is on their stomach. The attacker stands on the back of the victim's knees/thighs and locks the victim's ankles behind their legs. The attacker grabs both the victim's arms, pulls back and sits down, bringing the victim up to their knees. From there the attacker applies an inverted facelock.

## Surfboard, Inverted Indian Deathlock

**Used by :**

**AKA :** La Impactante

**Description :** The victim is face down on the mat, the attacker crosses of the victim's ankles into the crook of the victim's other knee. The attacker uses the back of their leg to apply pressure to the victim's leg that is up and puts their leg in between the victim's entangled legs. From here, the attacker is facing away from the victim, the attacker reaches back and grabs both the victim's arms and pulls them forward, bringing the victim up onto their knees while still in the Inverted Indian Deathlock.

## Surfboard, Ring Rope

**Used by :** Yoshihiro Tajiri

**AKA :** Tarantula (Tajiri)

**Description :** The victim is leaning against the ring ropes with their back to them. The attacker stands on the ropes or jumps on the victim's upperback facing away from them, the attacker places their legs under the victim's armpits from behind. At this point, the attacker leans forward so they are now hanging upside down with their body on the other side of the ropes, that is, the attacker's stomach is on one side of the ropes, the victim's back is on the other. The attacker is in the air because their legs are held in place by the victim's upperback which gets stretched across the top rope. The attacker then reaches under or through the ropes and grabs the victim's legs with both their arms. The victim is then balanced and stretched across the ring ropes.

## Surfboard, Sitting

**Used by :** Kyoko Inoue, Kendo Ka Shin

**AKA :**

**Description :** The victim is laying on their stomach, the attacker grabs both the victim's arms and places their legs under the victim's arms. The attacker sits down (either on the victim's back or between their legs) and pulls back on the arms.

## Surfboard, Standing

**Used by :** Mil Mascaras

**AKA :**

**Description :** The victim is on their knees with the attacker standing behind them. The attacker holds both the victim's arms and has their knee or foot in the middle of the victim's shoulder blades. The attacker pulls backwards on the victim's arms.

## Surfboard, Suspended

**Used by :** Ciclope, Kyoko Inoue

**AKA :** Pendulum Hold

**Description :** The victim is on their stomach on the mat, the attacker stands over them. The attacker tucks the victim's legs around their waist and grabs both their arms pulling them back, lifting the victim off the ground (if they are tall enough) and suspending the victim in the air.

## Surfboard w/ Chinlock, Inverted

**Used by :** Chabera Romero

**AKA :** Romero Chinlock

**Description :** The victim is on their stomach. The attacker stands on the back of the victim's knees/thighs and locks the victim's ankles behind their legs. The attacker grabs both the victim's arms, pulls back, sits down and rolls onto their back, lifting the victim off the ground so they are facing upwards. The attacker holds his legs up straight. From there, the attacker releases the victim's arms and applies a chinlock.

## Surfboard w/ Inverted Facelock, Inverted

**Used by :** Jushin Lyger

**AKA :**

**Description :** The victim is on their stomach. The attacker stands on the back of the victim's knees/thighs and locks the victim's ankles behind their legs. The attacker grabs both the victim's arms, pulls back, sits down and rolls onto their back, lifting the victim off the ground so they are facing upwards. The attacker holds his legs up straight. From there, the attacker pulls the victim's head down at an angle, releases their arms and applies an inverted facelock.

## Three Quarter Nelson

**Used by :**

**AKA :**

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck. The attacker reaches around with their other arm above the victim's shoulder and locks their hands applying pressure to the victim's neck.

## Thumb to the Neck

**Used by :** Terry Gordy, Meng

**AKA :** The Asian/Asiatic/Oriental Spike

**Description :** The attacker drives their thumb into the side of the victim's neck. Can be applied from the front or the back.

## Toe Hold, Inside

**Used by :**

**AKA :**

**Description :** The victim is on their back, the attacker grabs one of the victim's leg. The attacker bends the victim's leg and sits back between the victim's legs. The attacker bends the victim's foot in front of their body and applies pressure to the victim's foot/ankle by pushing down on the victim's toes with their hands or scissoring the foot with their legs.

## Toe Hold, Reverse Step Over

**Used by :**

**AKA :**

**Description :** The victim is on their back, the attacker grabs one of the victim's legs. The attacker bends the victim's leg so it is pointing towards the attacker's other leg. The attacker locks their leg so that the victim's shin is behind the attacker's knee and the attacker's foot is under the victim's thigh and the thigh is in front of the attacker's shin. The attack will be standing with their back to the victim's head. The attacker applies pressure by bending the victim's toe. The attacker may also fall backwards to stretch the victim's leg and apply more pressure.

## Toe Hold, Spinning

**Used by :** Terry Funk, Dory Funk Jr., Al Perez

**AKA :**

**Description :** The victim is on their back, the attacker holds one of the victim's legs. If the attacker grab's the victim's right leg, the attacker steps around with his right leg so that the victim's right leg is wrapped around the attacker's left leg. Attacker applies pressure to the victim's knee and leg. Usually a set up for the figure four leg lock or the attacker can continue to spin around for the submission.

## Toe Hold, Step-over

**Used by :**

**AKA :**

**Description :** The victim is on their back, the attacker holds on of the victim's legs and steps between the victim's legs and puts their foot to one side of the victim's hip and bend the victim's leg so their shin lies across the attacker's thigh. The attacker applies pressure to the victim's ankle.

## Wristlock, Belly to Belly

**Used by :**

**AKA :** Key lock, Double Wrist lock.

**Description :** The victim is lying on thier back, the attacker lays across their body as if for a lateral press. The attacker grabs the arm nearest to their head, the attacker applies a wristlock with one hand, the attacker applies more pressure by reaching through the victim's bent arm with their other arm and grabbing the arm applying the wristlock. The attacker pulls upwards applying more pressure to the elbow.

## Wristlock, Belly to Back

**Used by :** Black Top Bully/Barry Darsow

**AKA :** Breaker 1-9 (Bully), Barely Legal (Darsow)

**Description :** The victim is sitting on the mat. The attacker grabs one of the victim's arms and pulls it up and pushes it into the attacker's chest, bending the wrist downward. The attacker applies pressure by pulling the victim's arm into their chest and bending the victim's wrist further.

## Wristlock w/ Neck Submission, Belly to Belly

**Used by :** Reggie Bennet

**AKA :**

**Description :** The victim is lying on thier back, the attacker lays across their body as if for a lateral press while working one leg over the back of the victim's neck. The attacker grabs the arm nearest to their head, the attacker applies a wristlock with one hand, the attacker applies more pressure by reaching through the victim's bent arm with their other arm and grabbing the arm applying the wristlock. The attacker pulls upwards applying more pressure to the elbow. The attacker pulls up the victim and pulls bends the victim's head/neck foward with their leg.

[92 captures](#)

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OCT



2000

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Last Updated : 7/12/01

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## Pinning Moves

## Back Slide

**Used by :**

**AKA :**

**Description :** The attacker gets back to back with the victim and hooks both of their arms. The attacker tries to drop down to their knees and lean forward, causing the victim to slide forward and have their shoulder's pinned to the mat. Once the victim is pinned down, the attacker drives with their legs to keep the victim pinned to the mat.

## Cradle, Back Mounted

**Used by :** Gedo

**AKA :** Gedo Clutch (Gedo)

**Description :** The victim is on their stomach, the attacker sits on the victim's upper back and puts both the victim's arms over the attacker's legs as if for a camel clutch. The attacker stands slightly and pushes the victim's head down. The attacker ends up on their knees or legs with the victim's shoulders pinned to the mat and trapped under the attacker's legs.

## Cradle, Back Mounted Side Roll

**Used by :** Tsubo Genjin

**AKA :**

**Description :** The victim is on their stomach, the attacker sits on the victim's upper back and puts both the victim's arms over the attacker's legs as if for a camel clutch. The attacker rolls to the side turning the victim over so the attacker ends up on their knees or legs with the victim's shoulders pinned to the mat and trapped under the attacker's legs.

## Cradle, Back to Back Roll Over

**Used by :** Yoshihiro Tajiri

**AKA :**

**Description :** The victim is laying on the mat stomach first. The attacker lays inbetween their legs so their lower back is on the victim's butt and their head is around the victim's upperback. The attacker bends up both the victim's legs, then quickly releases and grabs the victim's arms. The attacker rolls to the side so the victim is on their back and the attacker is kneeling with their head under the victim's back. The attacker pulls their head out from behind the victim's back so it is between the victim's legs. The attacker scoots forward, trapping the victim's legs against the attacker's body. The victim now has their shoulder's pinned to the mat, the attacker is holding their arms to the mat and the victim's body is at an angle with their bent legs off the mat, trapped against the attacker's body.

## Cradle, Belly to Back Roll Over

**Used by :** Super Calo

**AKA :**

**Description :** The victim is kneeling on the mat on all fours. The attacker stands over the victim facing their legs. The attacker drops so they are laying across the victim's back with their legs under the victim's shoulders/arms and waistlocks the victim. The attacker rolls to a side so they are sitting and the victim's shoulders are pinned to the mat under the attacker's legs.

## Cradle, Bow and Arrow

**Used by :** Devon Storm

**AKA :**

**Description :** The victim is on the mat face down. The attacker places both of their knees on the victim's back and places one arm around the victim's neck and the other around one or both legs. From this position, the attacker leans backwards until they are on their back and the victim is lifted in the air. The attacker leans to one side, pinning the victim's shoulders to the mat. This is usually done out of a Bow and Arrow Back Breaker Hold.

## Cradle, Crossed Arms with Standing Figure Four

**Used by :** Super Delfin

**AKA :** The Delfin Clutch

**Description :** The victim is on their back, the attacker stands by the victim's head facing towards their legs. The attacker crosses the victim's arms on their chest and slides one of their legs under them and kneels down so they're kneeling on victim's chest and their arms are trapped between the attacker's one leg. The attacker then grabs both the victim's legs and pulls them up and applies a standing figure four with their arms.

## Cradle, Double Chickenwing

**Used by :** Perry Saturn

**AKA :**

**Description :** The victim is on the mat face down. The attacker applies a double chicken wing on the victim. The attacker rolls the victim over onto their back/shoulders and the attacker is facing the opposite direction as the victim.

## Cradle, Fireman's Carry

**Used by :** Osamu Kido, Men's Teioh

**AKA :** Kido Clutch (Kido), Tornado Clutch (Teioh)

**Description :** The attacker drops to one knee and reaches between the victim's legs, dropping the victim across their shoulders in a fireman's carry, the attacker hooks the victim's head and legs and falls to their side, throwing the victim over onto their back. The attacker ends up laying back first on the victim's chest with their body off to one side of the victim and hooks the victim's leg and part of their upper body for the pin.

## Cradle, Flying Crucifix

**Used by :**

**AKA :**

**Description :** The attacker jumps onto a standing victim's back and wraps their arms around one of the victim's arms and wraps their legs around the victim's other arm. The attacker uses their weight to cause the victim to fall backwards and pulls them so their shoulders are pressed to the mat.

## Cradle, Forward Leg Sweep

**Used by :** Spike Dudley, Espectro

**AKA :**

**Description :** The attacker stands to the side of the victim and faces in the same direction. The attacker wraps one arm around the victim's neck while stepping in front of the nearest leg of the victim and hooking it. The attacker pushes the victim's head and shoulders downward and the attacker falls forward, pinning the victim's shoulders to the mat.

## Cradle, Forward Rolling

**Used by :** Eddy Guerrero, Flash Funk

**AKA :**

**Description :** The attacker jumps and twists so their back is to the victim. The attacker scissor locks the victim around the waist with their legs and rolls forward hooking under the victim's armpits with their legs taking them down to the mat, pinning the victim's shoulders with the attacker's legs and grabbing the victim's legs. It can best be described as a victory roll style cradle from a standing position without jumping on the victim's shoulders first.

**Variations :**

- Off the Top Rope Forward Rolling Cradle (Mascarita Sangrada)

## Cradle, Gory Lock

**Used by :** Eddy Guerrero

**AKA :**

**Description :** The attacker applies the Gory Lock Back To Back Back Breaker Rack, that is the attacker lifts the victim up over their shoulder so they the victim is across their back and their upper back is across the attacker's shoulder. The attacker tucks the victim's legs around the attacker's hips. From there the attacker either hooks the victim's arms or applies an chinlock on the victim. The attacker then leans forward so that the victim slides down to the mat and has their shoulders pinned. The attacker then tries holds onto the arms and keep the person in a pinning position.

## Cradle, Grounded Crucifix

**Used by :**

**AKA :**

**Description :** The victim is sitting on the mat, the attacker is behind them. The attacker lies on their side and hooks one of the victim's arms with one arm and the victim's other arms with their legs. The attacker rolls over, pulling the victim over and pinning their shoulders to the mat.

## Cradle, Inside

**Used by :**

**AKA :** School Boy Cradle

**Description :** The attacker is behind the victim. The attacker reaches between the victim's leg's hooks the



waist. The attacker pulls down the victim so they get their shoulders pinned to the mat.

**Variations :**

- Super Inside Cradle (Schoolboy Buster - Hiromi Yagi)

## Cradle, Inverted Indian Deathlock

**Used by :** Kyoko Inoue, "Miss Madness" Mona

**AKA :** Twin City Twister (Mona)

**Description :** The victim is on their stomach, the attacker crosses one ankle into the crook of the victim's other knee. The attacker uses the back of their leg to apply pressure to the hold. The attacker grabs both the victim's arms and then rolls to a side and onto their back. As they roll over, the victim is rolled over as well with their legs still entangled and flipped onto their shoulders with the attacker holding their arms.

## Cradle, Reverse Russian Leg Sweep

**Used by :** Konnan, Koji Nakagawa, Mr. Gannosuke

**AKA :** Gannosuke Clutch (Gannosuke)

**Description :** The attacker is facing the victim and hooks one of the victim's legs with one of theirs as if they were going for a side russian leg sweep. The attacker pushes the victim forward so they land on their back, the attacker does a forward roll and keeps the victim's leg's tied up. The attacker should end up in a sitting position and the victim should be on their back with their leg "hooked" by the attacker's leg.

## Cradle, Rolling Body Scissors

**Used by :** Pantera

**AKA :**

**Description :** The attacker applies a body scissors behind the victim. The attacker starts moving their body to one side while keeping the scissor lock applied. The attacker rolls around on the mat, causing the victim to be rolled in a circle, eventually the attacker stops when the victim's shoulders are pinned.

## Cradle, Rolling Stretch

**Used by :** Hector Guerrero, Manami Toyota, Kenta Kobashi

**AKA :** Jalapeno Roll (Guerrero)

**Description :** The attacker stands behind the victim. The attack reaches around the victim's body with one leg so it is around the victim's side and between their leg's, hooking the leg on the same side as the attacker's leg. The attacker hooks the victim's other leg with one arm and falls backwards to the mat. The attacker then rolls around in a circle on the mat, using their free hand to push off, causing the victim to spin around. The attacker stops when the victim's shoulders are on the mat and links their arms, cradling one leg with their arms and hooking the other with their leg.

## Cradle, Side

**Used by :** Little Guido

**AKA :** Oklahoma Roll

**Description :** The victim is on their hands and knees on the mat. The attacker stands to the side of the

victim. The attacker hooks one arm around the victim's neck and one are between their legs. The attacker hops over the victim so they land on their back/side and flip the victim over into a pinning position. If the attacker's arms are long enough, they clasp their hands, so the one leg is hooked tightly.

**Variations :**

- Off the Second Rope Side Cradle (Little Guido)

## Cradle, Small Package

**Used by :**

**AKA :**

**Description :** The attacker is facing the victim. The attacker has the victim in a front face lock. The attacker hooks both the victim's legs, one with their arm and the other with the leg on the same side of their body (If the attacker uses his right arm to hook the victim's leg, the attacker uses their right leg to hook the victim's free leg by going across the attacker's body), the attacker pulls the victim down so that the victim's shoulders are pinned to the mat.

## Cradle, Standing Crucifix

**Used by :** Kanyon

**AKA :**

**Description :** The attacker stands behind the victim. The attacker grabs one of the victim's arms and places it between the attacker's legs, scissor locking it. The attacker wraps their arm around the victim's free arm, causing the victim to be bent to the side slightly, as if they were in an abdominal stretch. The attacker falls backwards and rolls over to their side, causing the victim's shoulders to be held to the mat.

## Cradle, Standing Step Over Armbar

**Used by :** Ultimo Dragon, Michiko Omukai

**AKA :**

**Description :** The attacker stands to the side of the victim and grabs the victim's near arm. The attacker bends the victim over slightly and steps over their arm so it's between their legs and turns so they are side by side with the victim and facing the opposite direction. The attacker leans forward and wraps their arm around the victim's leg. The attacker rolls forward onto their back, pulling the victim down by their leg and their arm which is still trapped between the attacker's leg. The attacker ends up in a sitting position with the victim on their back, their arm still held between the attacker's leg and with the attacker hooking the victim's leg.

## Cradle, Step Over

**Used by :** Yoshiko Tamura

**AKA :**

**Description :** The attacker stands behind a sitting victim. The attacker straddles the victim's neck with their legs and places their legs between the victim's legs. The attacker puts their feet under the attacker's knees. The attacker sits back so they are sitting on the mat with the victim's shoulders on the canvas and the attacker's feet hooking both the victim's legs.

## Cradle, Step Over Armbar (La Majistral)

**Used by :** Ultimo Dragon, El Dandy, Heavy Metal, Max Mini

**AKA :** La Majistral, Dandy Roll (Dandy), Heavy Metal Cradle (Heavy Metal)

**Description :** The victim is on their knees, the attacker wraps one of the victim's arms around their leg (like a spinning toe hold, accept to the arm), the attacker grabs their free arm with their arms and hops over, forcing the victim's shoulders to be pinned to the mat.

## Cradle, Stretch

**Used by :** Tony Garea, "The Pug" Alex Porteaux

**AKA :**

**Description :** The attacker stands behind the victim. The attack reaches around the victim's body with one leg so it is around the victim's side and between their leg's, hooking the leg on the same side as the attacker's leg. The attacker hooks the victim's other leg with one arm and falls backwards to the mat. The attacker links their hands to hook one leg with their arms and keep the other leg hooked with their leg.

## Cradle, 3/4 Nelson

**Used by :** Barry Horowitz

**AKA :**

**Description :** The victim is on their knees, the attacker stands behind them. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck. The attacker reaches around with their other arm above the victim's shoulder and locks their hands behind the victim's neck. The attacker rolls the victim over so their shoulders are pinned to the mat as the attacker keeps their arms locked.

## Japanese Leg Roll Clutch

**Used by :**

**AKA :**

**Description :** The victim is on their stomach, the attacker stands over the victim facing the same direction. The attacker places both of their feet in the victim's arm pits and between the mat and the victim's shoulder. The attacker steps over the victim and bends down, flipping the victim over onto their shoulders. The attacker stands up and bridges back, pinning the victim down to the mat.

## Roll Up, Bridged Crossed Leg

**Used by :** Yoshinari Ogawa, Tomoaki Honma

**AKA :**

**Description :** The victim is on thier back, the attacker grabs the victim's legs and crosses them and holds them with their arms. The attacker flips foward and lands on their feet, bridging and pinning the victim to the mat while hooking their legs.

## Roll Up, Bridging Double Leg Pickup

**Used by :** Owen Hart

**AKA :** Jackknife Hold

**Description :** The victim is on their back, the attacker grabs both the victim's legs, flips forwards hooking both the victim's legs and landing on their feet.

## Roll Up, Flying Leg

**Used by :** Mark Mero

**AKA :**

**Description :** The attacker is standing behind the victim. The attacker jumps and scissors their legs under the victim's arms and rolls backwards, rolling up the victim with his legs. The attacker rolls through until the victim is pinned under the mat.

**Variations :**

- Super Flying Leg Roll Up (Victory Star Drop - Manami Toyota)

## Roll Up, Reverse

**Used by :**

**AKA :**

**Description :** The attacker is behind the victim and pushes them forward into the ropes, the attacker waistlocks the victim and pulls them backwards so the victim falls backwards with their shoulders down, the attacker releases the waistlock and stands up so that they are basically sitting on the victim's legs/butt. The attacker may also backwards into a bridge.

## Sunset Flip

**Used by :**

**AKA :**

**Description :** The attacker jumps over the victim, on the way down they waistlock the victim, the attacker rolls over their back so they end up sitting and they pull down the victim so they land on their back. The attacker usually pins the victim's arms to the mat with their legs.

**Variations :**

- Apron Dive Sunset Flip (Cactus Jack)
- Off the Top Rope Sunset Flip (Johnny B. Badd)
- Super Sunset Flip (Sunset Flip Powerbomb - Juventud Guerrera)
- Sunset Flip Suicida (Victim on Apron) (Sabu, Brian Christopher)

## Victory Roll

**Used by :**

**AKA :**

**Description :** The attacker jumps onto the shoulders of the victim so that they are sitting on the victim's shoulders and facing the same direction as them. The attacker rolls forward hooking the victim's shoulders with their legs pinning the victim's shoulders to the mat. The attacker hooks both the victim's legs to

cradle them for the pin.

**Variations :**

- Super Victory Roll (Sabu, Psicosis)

## -----The Suplex Duplex :-----

### Suplex, Belly to Back

**Used by :**

**AKA :** Back Suplex, Back Drop

**Description :** The attacker is standing behind the victim, the attacker's head is under one of the victim's arms. The attacker lifts the victim up so they are on the attacker's shoulder. The attacker falls backwards dropping the victim to the mat on their back.

**Variations :**

- Super Belly to Back Suplex (Scott Hall)
- Standing On the Top Rope Belly to Back Suplex (Justin Bradshaw)

### Suplex, Belly to Back Brainbuster

**Used by :** "Dr. Death" Steve Williams, Akira Hokuto, Toshiaki Kawada

**AKA :** Back Drop Driver

**Description :** The attacker is standing behind the victim, the attacker's head is under one of the victim's arms. The attacker waistlocks the victim and lifts them off the ground and falls backwards, dropping the victim on their head/neck.

### Suplex, Belly to Back Cradle

**Used by :** Steven Regal

**AKA :**

**Description :** The attacker stands behind the victim. The attacker has their head under one of the victim's arms. The attacker reaches around the victim's body with their arm that's closest to their body while reaching through the victim's legs with their other arm, hooking one of the victim's legs. The attacker links their hands together and lifts the victim up and falls backwards, dropping them on their back/shoulders. The attacker usually keeps their hands linked and bridges for the pin.

### Suplex, Belly to Back Crossed Arms

**Used by :** Ultimo Dragon, Shane Helms

**AKA :** Straight Jacket Suplex, Aztec Suplex (Dragon), X-Plex (Helms)

**Description :** The attacker stands behind the victim. The victim's arms are held so the victim's left or right hand is held by the attacker's opposite hand, causing the victim's hands to be crossed in front of their body. The attacker lifts the victim up and falls backwards, dropping the victim on their neck/shoulders. This is usually bridged into a pin.

**Variations :**

- Super Belly to Back Crossed Arms Suplex(Yumiko Hotta)

## Suplex, Belly to Back Crossed Arms Through Leg

**Used by :** Manami Toyota

**AKA :** Japanese Ocean Suplex (Toyota)

**Description :** The attacker stands behind the victim. The attacker grabs one of the victim's arms and pulls it across the victim's body with their opposite hand (that is, the attacker's left hand grabs the victim's right hand or vice versa). The attacker reaches between the victim's legs and grabs the victim's other arm with their free hand, crossing the victim's arms in front of their body. The attacker lifts the victim up and falls backwards, dropping the victim on their neck/shoulders. This is usually bridged into a pin.

## Suplex, Belly to Back Crossface Chickenwing

**Used by :** Tiger Mask IV

**AKA :** Millenium Suplex (Tiger Mask)

**Description :** The attacker stands behind the victim. The attacker grabs one of the victim's arms and bends it behind the victim's back and places their hand so it at the top of the victim's shoulder. The attacker uses their other free arm to reach around the victim's face so their forearm is across their nose/face. The attacker locks their hands together. From there, the attacker lifts the victim up and falls backwards, dropping the victim on their head/neck/shoulders.

## Suplex, Belly to Back Double Chickenwing

**Used by :** Tiger Mask, Ultimo Dragon

**AKA :** Tiger Suplex

**Description :** The attacker applies a double chickenwing on the victim and links their hands together behind the victim's back. The attacker lifts the victim up and falls backwards, dropping the victim on their shoulders/neck/upperback. Often done into a bridge.

**Variations :**

- Super Belly to Back Double Chickenwing Suplex (Death Lake Driver - Mima Shimoda)

## Suplex, Belly to Back Flipping Throw

**Used by :** Doug Furnas, Scott Putski, Taz

**AKA :** The Power Hoist (Furnas)

**Description :** The attacker stands behind the victim and applies a waistlock. The attacker lifts and throws the victim backwards, but angles the victim so they are flipped over and land stomach/chest first on the mat.

**Variations :**

- Super Belly to Back Flipping Throw Suplex (Jaguar Yokota, Shiro Koshinaka)
- Standing On the Top Rope Belly to Back Flipping Throw Suplex (Jushin Lyger)

## Suplex, Belly to Back Half Nelson

**Used by :** Kenta Kobashi

**AKA :**

**Description :** The attacker stands behind the victim and applies a half nelson with one arm and a waistlock with the other. The attacker lifts the victim off the ground and falls backwards, dropping the victim on their head/neck/shoulders.

## Suplex, Belly to Back Half Nelson and Chicken Wing

**Used by :** Mitsuhiro Misawa, Mayumi Ozaki

**AKA :** Tiger Suplex '85 (Misawa), Tequila Sunrise (Ozaki)

**Description :** The attacker stands behind the victim and applies a half nelson with one arm and a chicken wing with the other. The attacker lifts the victim off the ground and falls backwards, dropping the victim on their head/neck/shoulders.

## Suplex, Belly to Back Half Nelson Choke Hold

**Used by :** Taz

**AKA :** Tazmission-plex (Taz)

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck and with their other arm they reach around under the victim's chin and across their throat. The attacker lifts the victim up and falls backwards, dropping the victim on their head/neck.

## Suplex, Belly to Back Hammerlock

**Used by :** Chris Benoit

**AKA :**

**Description :** The attacker grabs one of the victim's arms and bends it behind their back. The attacker reaches around the victim's body with their free arm and lifts the victim up over their shoulder. The attacker falls backwards and drops the victim on their back and on their hammerlocked arm.

## Suplex, Belly to Back Waistlock

**Used by :**

**AKA :** German Suplex

**Description :** The attacker stands behind the victim and applies a waistlock. The attacker lifts the victim up and falls backwards, dropping the victim on their shoulders/neck/upperback. If the attacker releases the victim at the height of their lift, this often becomes a "Release German Suplex". However, most times the attacker keeps the waistlock applied and bridges for the pin.

**Variations :**

- Bridged Belly to Back Waistlock Suplex (German Suplex)
- Super Belly to Back Waistlock Suplex (Spider German Suplex - Konnan, Takeshi Ono) - In this version, the attacker usually locks their legs on the ropes and hangs onto the buckles as they do the move.

## Suplex, Belly to Belly

**Used by :** Shane Douglas, Magnum TA, Ken Shamrock

**AKA :**

**Description :** The attacker stands face to face with the victim. The attacker locks their arms around the waist of the victim. The attacker lifts the victim off the mat and pivots 180 degrees slamming the victim's back to the mat and landing on top of them.

**Variations :**

- Super Belly to Belly Suplex (Rick Steiner)

## Suplex, Belly to Belly Crossed Arm Trap Cradle

**Used by :** Saya Endo

**AKA :** Rising Star Suplex (Endo)

**Description :** The attacker faces the victim. The attacker grabs both the victim's arms and crosses them in front of the victim's body. The attacker then traps both their victim's arms in one of the attacker's armpits. The attacker uses their free arm to hook the victim's leg opposite the side they are using to trap the victim's arms. The attacker then lifts the victim up and falls back, dropping the victim on their back. The attacker may bridge for a pin.

## Suplex, Belly to Belly Double Arm

**Used by :** Perry Saturn, Gary Albright, Akira Taue

**AKA :**

**Description :** The attacker stands face to face with the victim. The attacker hooks both of the victim's arms so they are trapped in the attacker's armpits. The attacker then lifts the victim up and falls backwards, suplexing the victim over and dropping them back first on the mat.

## Suplex, Belly to Belly Half Nelson Overhead

**Used by :** Taz, Perry Saturn

**AKA :** Head and Arm Taz-plex (Taz)

**Description :** The attacker applies a half nelson while facing the victim. Once applied, the attacker lifts the victim up and falls backwards, dropping the victim on their head/neck/upper back.

**Variations :**

- Super Belly to Belly Half Nelson Overhead Suplex (Perry Saturn)

## Suplex, Belly to Belly Hammerlock Cradle Suplex

**Used by :**Used by : KAORU

**AKA :** Takami Special (KAORU)

**Description :** The attacker stands face to face with the victim. The attacker grabs one of the victim's arms and bends it behind the victim's back. The attacker then sticks their head under the victim's free arm and hooks the leg on the same side as their head is places. The attacker the lifts the victim up and falls backwards, dropping the victim on their back and arm. The attacker may bridge for a pin.



## Suplex, Belly to Belly 90 Degree Overhead

**Used by :** Jun Akiyama, Taz, Yuji Nagata, Scott Hall

**AKA :** Block Buster Suplex, T-Bone Taz-plex (Taz), Exploder (Akiyama)

**Description :** The attacker stands to the right of the victim. The victim's right arm is placed over the right shoulder of the attacker. The attacker reaches across the front of the victim's body with their right arm and the left arm reaches between the legs and hooks the right leg. Attacker lifts the victim up and falls back throwing them over their head and they are perpendicular to the attacker's body. The victim lands the upper part of their back (between the shoulder blades or on the neck).

**NOTE :** A variation of the move can be done out of a body press attempt. The attacker catches the victim in mid-air and then falls backwards or a slow version where the attacker lifts the victim up and then falls backwards.

**Variations :**

- Super Block Buster Suplex (Pitbull #2, Scott Hall)
- Block Buster Suplex w/ Bridge (Juventud Guerrera, Blizzard Suplex - Takayuki Izuka)

## Suplex, Belly to Belly Overhead

**Used by :** The Steiners, Taz

**AKA :**

**Description :** The attacker stands face to face with the victim. The attacker locks their arms around the waist of the victim and lifts them straight up, the attacker falls back and drops the victim on their back. In the bridged version, the attacker commonly sticks their head under the arm of the victim prior to doing the suplex and bridging the move for the pin.

**Variations :**

- Belly to Belly Overhead Suplex w/ Bridge (Northern Lights Suplex - Hiroshi Hase)
- Super Belly to Belly Overhead Suplex (Aja Kong)

## Suplex, Belly to Belly Overhead w/ Hammerlock

**Used by :** Chris Benoit

**AKA :**

**Description :** The attacker is face to face with the victim. The attacker hammerlocks one of the victim's arms behind their back and wraps both of their arms around the victim. The attacker lifts the victim straight up and falls back, dropping the victim on their back and arm. In the bridged version, the attacker commonly sticks their head under the arm of the victim prior to doing the suplex and bridging the move for the pin.

**Variations :**

- Belly to Belly Overhead Suplex w/ Hammerlock & Bridge (Northern Lights Suplex w/ Hammerlock - Mr. Gannosuke)

## Suplex, Belly to Belly Pumphandle Brainbuster

**Used by :** Jun Akiyama

**AKA :** Exploder/Exploider '98/Wrist Clutch Exploder (Akiyama)

**Description :** The attacker is facing the victim and is slightly to the left or right of their body. The attacker puts their head under the victim's near shoulder so the victim's arm is across the attacker's shoulders. The attacker pull's the victim's other arm through their own legs and grabs it with the arm which is away from the victim's body. The attacker reaches across the victim's chest and hooks the victim's head with their other arm. The attacker then lifts the victim up and falls backwards, dropping the victim on their head.

## Suplex, Brainbuster

**Used by :** Koko B. Ware, Dick Murdoch

**AKA :** The Ghostbuster (Ware)

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's tights and lifts them straight up in the air so they are upside down. The attacker then drops down, causing the victim to fall straight down on their head.

**Variations :**

- Super Brainbuster (Juventud Guerrera)
- Standing on the Top Rope Brainbuster (Jushin Lyger)

## Suplex, Chickenwing and Facelock

**Used by :** "Super Strong Machine" Junji Hirata

**AKA :** The Machine Suplex/Windmill Suplex

**Description :** The attacker is face to face with the victim. The attacker bends the victim down and hammerlocks one of the victim's arm. With the other arm, the attacker applies a front face lock. From here, the attacker lifts the victim up and over, dropping the victim on their back. This is often bridged into a pin.

## Suplex, Cobra Clutch

**Used by :** Phil LaFon (Dan Kroffat), Taz, Johnny Ace

**AKA :**

**Description :** The attacker stands behind the victim. The attacker reaches under one of the victim's arms with one hand and places it behind the victim's neck. The attacker uses their free arm to reach across the victim's body and grab the victim's arm which is on the the same side as the arm the attacker is apply the half nelson. The attacker pulls the victim's arm across their face and locks their hands around the victim's neck. The attacker lifts the victim up and falls backwards, dropping the victim on their head/neck.

## Suplex, Cradle

**Used by :** Curt Hennig, Marcus Bagwell, Scotti Riggs

**AKA :** Fisherman Suplex, Perfect-plex/Hennig-plex (Hennig), Yellowjacket Suplex (Bagwell), Ameriplex (Riggs)

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's near leg and hooks it. The attacker lifts the victim up and falls backwards so they land back first on the mat. The attacker keeps the leg hooked and usually bridges to hold the move for a pin.

## Suplex, Cradle Brainbuster

**Used by :** Jushin Lyger, Shinya Hashimoto, Shoichi Funaki, Shane Douglas

**AKA :** Fishermanbuster, Pittsburgh Plunge (Douglas)

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's near leg and hooks it. The attacker lifts the victim so they are upside down and then drops the victim straight down so they land on their head.

**Variations :**

- Super Cradle Suplex Brainbuster (SUPAFISHAMANBUSTA! - Jushin Lyger)

## Suplex, Crossed Arms Brainbuster

**Used by :** Darkness Dragon

**AKA :** Darkness Buster (Darkness Dragon)

**Description :** The attacker stands face to face with the victim and grabs both their arms, crossing them in front of the victim's body. The attacker bends the victim down and traps their head in one of the attacker's arm pits similar to a facelock. The attacker releases one of the victim's arms and reaches through the victim's legs. The attacker lifts the victim up so they are upside down. The attacker falls to the ground and drops the victim on the top of their head.

## Suplex, Double Choke

**Used by :** "Prodigy" Tom Marquez

**AKA :**

**Description :** The attacker stands face to face with the victim. The attacker grabs the victim with both hands around their neck in a double choke hold. The attacker lifts the victim up and falls backwards, throwing the victim over the attacker's head so they land back first on the mat.

## Suplex, Face First Stretch

**Used by :** Big Titan

**AKA :** Face First Pumphandle Suplex

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up and throws them over their head as they fall back. The victim lands face first on the mat.

## Suplex, Front

**Used by :** Arn Anderson, Akeem

**AKA :** The Gordbuster

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's tights and lifts them straight up in the air so they are upside down. The attacker then falls forward, dropping the victim face/chest first into the mat.

**Variations :**

- Super Front Suplex (Matt Hardy)
- Slingshot Front Suplex (Mike Sullivan)

## Suplex, Front Ring Rope

**Used by :** Al Snow, Chris Benoit

**AKA :**

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's tights and lifts them straight up in the air so they are upside down. The attacker then falls forward, dropping the victim stomach first across the top rope.

## Suplex, Full Nelson

**Used by :** Chris Benoit, Tatsumi Fujinami, Shinjiro Ohtani

**AKA :** The Dragon Suplex

**Description :** The attacker applies a full nelson on the victim, the attacker lifts the victim up and falls backwards dropping them on the back of their neck.

## Suplex, Gutwrench

**Used by :**

**AKA :**

**Description :** The attacker is standing facing the victim. The attacker reaches around one side of the victim's body and locks their arms around the victim in a waistlock. The attacker lifts the victim off the mat and falls backwards, dropping the victim back first to the mat.

## Suplex, Inverted Facelock

**Used by :** El Samurai

**AKA :**

**Description :** The attacker applies an inverted facelock on the victim. The attacker hooks the victim's tights and lifts them straight up in the air so the victim is upside down. The attacker falls backwards, dropping the victim face/chest first to the mat.

**Variations :**

- Super Inverted Facelock Suplex (Dan Kroffat/Phil LaFon, Jesus Castillo Jr.)

## Suplex, Inverted Facelock Brainbuster

**Used by :** El Samurai, Axl Rotten

**AKA :** SST/Severe Skull Trauma (Rotten)

**Description :** The attacker applies an inverted facelock on the victim. The attacker hooks the victim's

tights and lifts them straight up in the air so the victim is upside down. The attacker then drops the victim straight down so they land on their head.

## Suplex, Inverted Facelock Front

**Used by :** Goldust

**AKA :** Curtain Call

**Description :** Attacker applies an inverted facelock on the victim. The attacker hooks the victim's tights and lifts them straight up in the air so the victim is upside down. The attacker then falls forward dropping the victim back first to the mat.

## Suplex, Leg Capture

**Used by :** Akira Maeda, Taz

**AKA :** Capture Suplex (Maeda)

**Description :** The attacker grabs one of the victim's legs and hooks under it so the attacker's arm is under the victim's leg. The attacker reaches over the victim's head/neck with their free arm and locks their hand, so the victim is bent down with their head and their leg is held up in the air. The attacker lifts the victim up and falls backwards, throwing the victim over their head. This move is sometimes used as a counter to a victim's high kick.

## Suplex, Reverse Gory Special

**Used by :** Toshiyo Yamada

**AKA :** Reverse Gory Special Bomb

**Description :** The victim is behind the attacker. The attacker places the victim's head between their legs and hooks both their arms. The attacker turns around so the victim is now in front of the attacker facing the same direction, at the same time, the victim ducks down and sticks their head between the victim's legs and stands up while still having the arms hooked. The victim is lifted up so they are now over the attacker's shoulder. The attacker releases the victim's arms and grabs their legs and falls backwards, the victim is dropped on their back. The attacker may bridge for the pin.

## Suplex, Salto

**Used by :** Mr. Saito, Shawn Michaels

**AKA :** Tear Drop Suplex(Michaels)

**Description :** Attacker stands behind and to the side of the victim. The attacker waistlocks the victim with one arm and hooks one of their legs with the other. The attacker lifts the opponent up onto their shoulder and then falls backwards.

## Suplex, Shoulder Mounted

**Used by :** Road Warrior Animal, Susan Sexton

**AKA :** Electric Chair Suplex (Sexton)

**Description :** The attacker stands behind the victim and sticks their head between the victim's legs. The attacker stands up so the victim is sitting on their shoulders. The attacker falls backwards and drops the

victim down on their back.

**Variations :**

- Super Shoulder Mounted Suplex (Etsuko Mita)

## Suplex, Shoulder Mounted Crossed Arms

**Used by :** Manami Toyota, Rey Misterio Jr.

**AKA :** Japanese Ocean Cyclone Suplex (Toyota)

**Description :** The attacker stands behind the victim, they cross the victims arms in front of them (the attacker's left hand holds the victim's right hand and their right hand holds the victim's left). The attacker bends down sticks head between the victim's legs and lifts them up so the victim is sitting their shoulders. The attacker falls backwards and drops the victim on their back. The attacker usually bridges for the pin.

## Suplex, Snap

**Used by :** Dynamite Kid, Chris Benoit

**AKA :**

**Description :** The attacker applies a front face lock on the victim and puts the victim's near arm over the attacker's neck/shoulders. The attacker usually grabs the victim by the tights and excutes a quick fall backwards, the attacker lifts the victim up slightly as they are falling, snapping the victim over on their back.

## Suplex, Snap Belly to Back

**Used by :** Hisakatsu Ohya, Masahiro Chono

**AKA :**

**Description :** The attacker stands behind the victim and sticks their head under one of the arms of the victim and waistlocks them. The attacker falls backwards and a quick rate and snaps the victim over dropping them on the back of their neck.

## Suplex, Stretch

**Used by :** Taz, Perry Saturn

**AKA :** Pumphandle Suplex

**Description :** The attacker bends the victim over and stands to their back. The victim's lower arm is put between their legs and held by one of the attacker's hands as the attacker hooks the victim's other arm. The attacker lifts the victim up and throws them over their head as they fall back. The victim lands on their back.

## Suplex, Throat Slam

**Used by :** Hiroshi Hase, Kama Mustafa, Wrath

**AKA :** Uranage, Soviet Judo Suplex, Death Penalty (Wrath)

**Description :** Sort of a cross between a belly to belly suplex and a choke slam. The attacker stands to the right of the victim. The victim's right arm is places over the right shoulder of the attacker. The attacker reaches across the front of the victim's body with their right arm and the left arm around the back of the

victim to under the victim's left shoulder. Attacker lifts the victim up and pivots as if for a belly to belly suplex and drives the victim into the mat.

**Variations :**

- Super Throat Slam Suplex (Masakazu Fukuda, Commando Bolshoi)

## Suplex, Underhook

**Used by :** Lord Steven Regal, Mike Rotundo, David Taylor

**AKA :** Butterfly Suplex

**Description :** The attacker is facing the victim. The attacker bends the victim down and hooks both of the victim's arms so they are behind the victim's back. The attacker links their hands together and lifts the victim up and falls backwards, dropping the victim to the mat on their back.

**Variations :**

- Standing on the Top Rope Underhook Suplex (Chris Jericho)
- Pinning Underhook Suplex (The Crumpet - David Taylor)

## Suplex, Underhook Brainbuster

**Used by :** TAKA Michinoku

**AKA :** Michinoku Driver I

**Description :** The attacker is facing the victim. The attacker bends the victim down and hooks both of the victim's arms so they are behind the victim's back. The attacker links their hands together and lifts the victim up so they are upside down, their head to one side of the attacker. The attacker then sits down, dropping the victim on their head.

## Suplex, Vertical

**Used by :**

**AKA :**

**Description :** The attacker applies a front face lock on the victim and throws the victim's near arm across their shoulders. The attacker grabs the victim's thighs and lifts them straight up in the air so they are upside down. The attacker then falls backwards, dropping the victim on their back.

**Variations :**

- Super Vertical Suplex (Superplex)
- Standing On the Top Rope Vertical Suplex (Dynamite Kid)

## Suplex, Wheelbarrow

**Used by :** Al Snow, Taz, Dean Malenko, Val Venis

**AKA :** The Snow-plex

**Description :** The victim is face down on the mat, the attacker stands between their legs and waistlocks them from behind. The attacker lifts the victim up and falls backwards, dropping the victim on their back.